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ABSTRACT

The purpose of this publication is to record the traditional games played by the Inuit and to preserve a unique form of sports and recreation found in northern Canada. Written in English and Inupiaq, this manual contains descriptions of games played throughout the Arctic with special emphasis on the Keewatin Region, suggestions for teaching Inuit games and other organized games in the school or community setting, descriptions of equipment and how to make it, and other information relevant to recreational programs. Most traditional Inuit games involve competition between two people and require strength, concentration, coordination, and flexibility--skills essential for traditional hunting and survival. Originally, Inuit games were played spontaneously and in an unstructured way. Many games in this manual have been written up in a form applicable to more structured competition. Contents include kicks, reaches, pulls, pushes and push-ups, hangs and rope gymnastics, lifts, hops and jumps, twists and rotations, wrestling, quiet games and active games, teaching methods, equipment, and warm-up activities. (SV)

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INUIT GAMES

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INUIT GAMES

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1989

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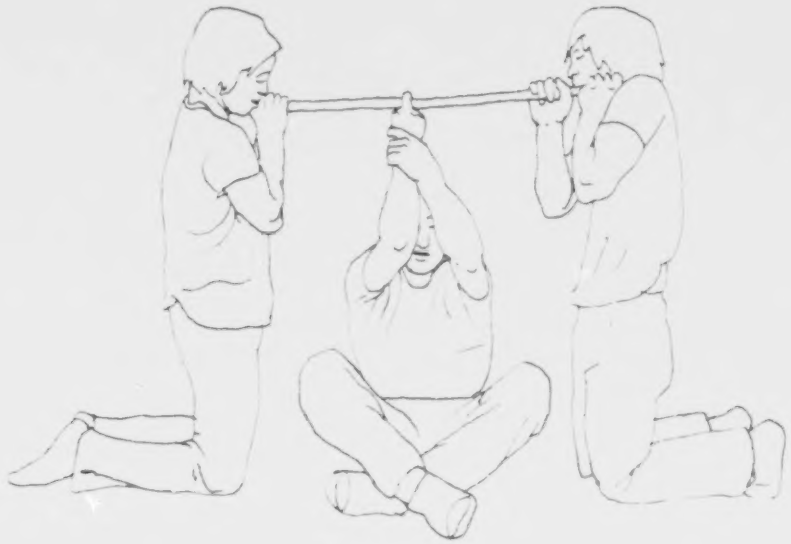
1989



FOREWORD

The purpose of this manual is to record the traditional games played by the Inuit and to preserve a unique form of sports and recreation experienced by the people of Northern Canada.

This manual contains descriptions of the games played throughout the Arctic with special emphasis on the Keewatin Region. As new games are researched, they can be added to the manual.

As well, the manual contains aids on how to teach Inuit games and other organized games in the school or community setting; what equipment to use and how to make it and other valuable information which may be relevant to a recreation or school program.

Besides being an essential part of the Inuit culture, Inuit games represent an excellent form of exercise for the young and old alike.

ᓯᐅᒪᐊᑭᐊᖅᓂᖏᓐ

ᒎᒋᓐ ᐅᖅᑲᒪᒐᖅ ᑎᑎᕋᖅᑕᐅᓯᖅ ᐱᓯᑎᖅᑲᓗᑎᒃ ᐃᓂᓐᐃᑦ ᖃᑎᒍᓱᒃᓯ ᑎᑎᕋᑕᐅᓯᒪᒋᐊᕐᓯᒃᓂᓐ ᐃᓂᓐᐃᑦ ᖃᑎᒍᑎᑎᓴᕐᕕᖅᑕᒃᓯᑦ ᐊᒪᓗᓄ ᐊᐅᓱᓄᐅᖅᓯᒃᓯᑦ ᐊᓯᖅᓯᓂ ᓂᓐᒥᑎᓐᐅᓂᒃ ᖃᖅᑎᑕᐅᓂᒃ ᖃᖅᑎᒍᓱᒃᓯᑦ ᐊᑐᕋᑕᐅᕕᖅᑐᑦ ᑲᓐᒪᑎᐅᑦ ᐅᖅᐳᑕᑐᑎᐅᓂᒃ.

ᐅᓐ ᐅᖅᑲᒪᒐᖅ ᑎᑎᕋᐅᓯᓕᒃ ᖃᖅᑎᒍᑎᑦ ᐅᖅᐅᖅᑕᑐᒥ ᖃᖅᑎᑕᐅᕕᒃᓪᓚᑦ ᐱᓗᐊᖅᑐᑦ ᕿᕕᓕᖅᒥᐅᑦ ᖃᖅᑎᒍᒃᓯᑦ . ᐱᖅᒍᐊᕕᑎᓗᒃᑕᑦ ᖃᓄᐅᓴᐅᕕᖅᓕᓕᓂᓯᒃᓯᑦ ᒪᓕᒐᓗᑦ ᐃᓕᑎᓴᐅᕕᖅᓕᓕᓂᐊᓂᕋᖅᑦ.

ᐅᑲᐅᓯᖅᓄᑦᓕᓯᖅ ᐃᓂᓐᐃᑦ ᐱᓯᑎᖅᑲᓗᑎᒃ ᐊᓕᓂᓐᓂᐊᓂᒃᑐᖅᑲᓂᖅᑐᑦ ᐃᓕᓂᓐᐊᑕᐅᓂᖅᓯᒪᓕᒃᑕ ᐃᓕᓂᓐᐊᑕᐅᓯᓕᓂᐊᓂᒃᑐᖅᑲᓂᖅᑐᑦ ᐃᓕᓂᓐᐊᑕᐅᓯᓕᓂᐊᓂᒃᑐᖅᑲᓂᖅᑐᑦ. ᐃᓕᓂᓐᐊᑕᐅᓯᓕᓂᐊᓂᒃᑐᖅᑲᓂᖅᑐᑦ ᓄᑯᐃᐊᑎᐅᓯᒪᓕᒃᑕ ᐃᓕᓂᓐᐊᑕᐅᓯᓕᓂᐊᓂᒃᑐᖅᑲᓂᖅᑐᑦ ᐃᓕᓂᓐᐊᑕᐅᓯᓕᓂᐊᓂᒃᑐᖅᑲᓂᖅᑐᑦ.

ᐃᓕᓂᓐᐃ ᐱᓯᑎᖅᑲᓗᑎᒃ ᐃᓕᓂᓐᐊᑕᐅᓯᓕᓂᐊᓂᒃᑐᖅᑲᓂᖅᑐᑦ

ACKNOWLEDGEMENTS

For all the many ideas, games, and pictures described in this manual, grateful appreciation goes to all the people of the Keewatin to whom it is dedicated.

This manual came out of the Keewatin Inuit Association's initiatives in the field of recreation and leadership development in the Keewatin. Without the assistance, support and encouragement of its officers and staff, this book would not have been possible. Equally indispensable was the financial assistance given by the Fitness and Amateur Sport Branch, Department of National Health and Welfare.

Through the hiring of Inuit games instructors in most of the Keewatin communities, much research and practice of these games has occurred in the school and community setting. Thanks go to the Government of the Northwest Territories Departments of Education and Recreation for their invaluable cooperation and assistance. Special credit is due the Resource Centre for their enthusiasm, expertise and printing services.

Appreciation also goes to the Department of Indian and Northern Affairs, Vocational Training and Placement, for their assistance in the Inuit Games instructor program. Simon Tookoome, Inuit Games Instructor in Baker Lake, deserves special mention for his many ideas and willingness to share of his experience and knowledge.

Finally, to the many other individuals and groups whose contributions, no matter how small, helped to make this manual possible, our special thank you.

Our apologies to those whose assistance we may have forgotten to acknowledge. I hope that you will consider the value of your contribution reflected in the contents of this manual.

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ᐃᓱᒪᖅ ᓴᓱᐅᕐᑕᐅᓱᒪᔪᓄᓪᓕᑦ, ᖃᑎᒌᒍᓄᓪᓕᑦ, ᐊᓚᒪᓗ ᐊᓕᓄᓪᓕᑦ ᐅᕐᓂᓂ ᐅᖃᓕᒪᓕᐊᓕᓄᖅ ᑕᐃᖅᓴᐅᔪᓄᓪᓕᑦ, ᐊᖏᕐᔪᒪᓇᖏᑦ ᖃᐃᖅᓇᒥᑦ ᑕᒪᖅᑕᐅᓂᖅᓴᑦ ᐃᓄᐃᑦ ᑕᒪᖅᑕᑦ ᑭᓕᓕᖅᑕᑦ, ᐅᓇ ᐅᖃᓕᒪᓂᖅ ᑭᓕᓕᖅᑕᐅᓄ ᑐᖃᖏᓐᓇᐅᑉᓴᖅ.

ᐅᓇ ᐅᖃᓕᒪᓂᖅ ᑭᓕᓕᖅᑕᑦ ᐃᓄᐃᑦ ᑲᑐᑎᓪᓗᒍᑦ ᐱᒋᐊᓕᖅᓯᖅᓱᒪᑦ, ᐱᖓᓱᐊᖅᓯᖅᓂᖅ ᐊᓚᒪᓗ ᐊᖓᓕᖅᓴᖅᓯᖅᓱᒪᓕ ᓴᖅᑭᑎᓪᓗᒍᑦ ᐊᓚᒪᓗ ᑲᑎᒪᔨᖅᑕᐅᓂᖅ ᓴᖅᑭᑎᓪᓗᒍᑦ ᐊᓚᒪᓗ ᑲᑎᒪᔨᖅᑕᐅᓂᖅ ᑭᓕᓕᖅᑕᑦ ᐃᓄᐃᑦ ᑲᑎᒪᔨᖅᑕᐅᓂᖅ

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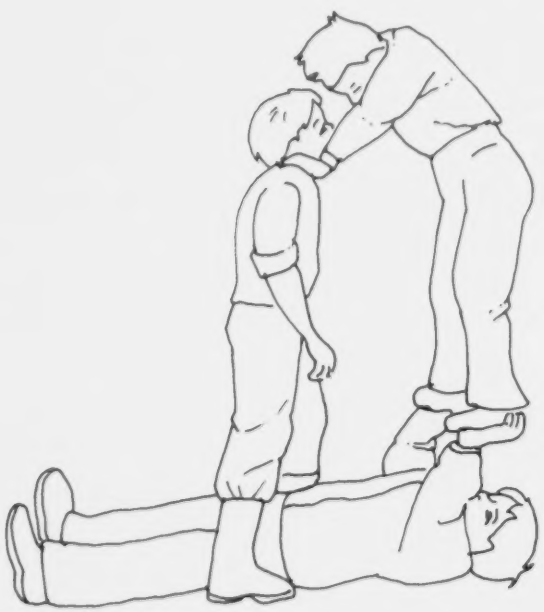

HISTORY

"The origin of many Inuit games have never been uncovered. Some of the games are believed to have been learned more recently from the whalers of the 19th century.

Most traditional Inuit games involve competition between two people in an atmosphere of fun-loving rivalry. The Arctic winter, coupled with the restriction of small winter shelters tended to inhibit the development of activities of a running nature - activities which may have led to more involved team sport. This is not to say, however, that team sports were not played at all."*

Contests are held which involve many people on a more individual basis. These games require great strength, concentration, coordination and flexibility; skills essential for traditional hunting and survival.

It is hoped that through this manual the games will be recorded in a systematic way and not lost to future generations.

* *William M. Zuk, former principal Attagutalik School, Igloolik, N.W.T.*

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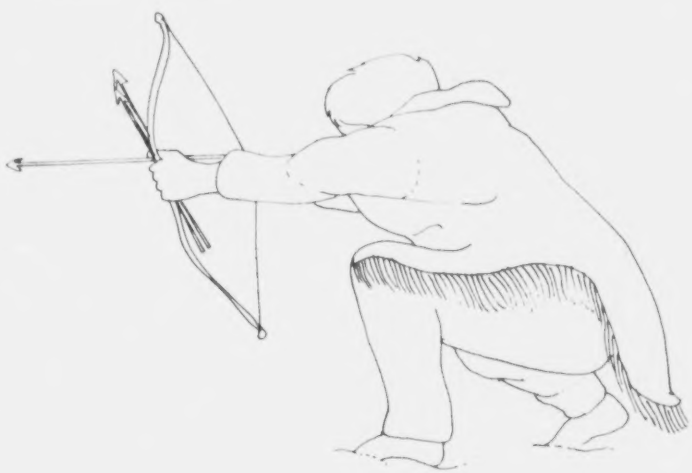
"ᐃᓚᐃᐃᑦ ᐱᖅᔪᐊᑭᓱᖅᑎᑦ ᖃᓚᓐᖃᑦ ᐱᒋᐊᑐᐃᓂᐅᖅᓯᒪᓕᒃ ᖃᓚᐅᕕᓴᖃᓚᐅᖅᓯᒪᓕᖅᑐᖃᑦ. ᑭᓱᐊᓂᓕ ᐃᓕᖅᑎᑦ ᐱᖅᔪᐊᑭᒃᑐᐅᓕᕆᓴᖅᑎᑦ ᐊᓴᖃᐃᓱᓕᐅᕕᓴᑦ ᐊᑐᖃᐃᓐᓇᐅᑎᒃ ᐊᓕᓴᑭᑐᐃᓕᓕᐅᒪᒃ 1900 ᐊᓴᔪᐃᑦ ᐊᑐᓕᓴᓗᐊᑎᑦᓗᒋᑦ.

ᐃᓚᐃᐃ ᐱᖅᔪᐊᑭᑎᖅᑎ ᐃᓚᐃᓚᑦ ᒪᑭᐃᓚᐸᓗᖅᓚ ᖃᑎᒌᒍᑎᒃᑐᐅᓕᒃ ᐊᒥᓱᐊᓚᓕᓴᖅᑐ ᐊᔪᕐᓇᐃᓕᓕᐅᖅᓯᒪᓕᒃ ᓴᐅᐱᐊᓚᓕᓴᖅᑐ ᐱᔪᐊᑭᓱᖅᓗᓂ ᐱᖅᔪᐊᑭᑦᑕᐅᕕᓴᖅᑎᑦ ᐊᒥᓱᐊᓚᓕᓴᖅᓗᓂ. ᐅᓚᓴᖅᓗᓂ ᐱᖅᔪᐊᑭᑦᑕᐅᓕᕆ ᐱᑕᖅᑐᐃᓐᓇᖅᑐᑦ ᐃᓴᖅᑲᐃᓕᒪ. ᐃᓱᒪᖅᓴᓕᓗᐊᖅᓯᖅᓱᖅᐳᐃ ᐊᓕᒪᓗ ᐃᓱᓗᐃᑦ ᓕᔪᖅᑕᖅᒥᑦ ᓂᕆᑭᓚᐅᖅᓯᒪᓕᖅᑐᑦ. ᐊᒥᓱᔪᓕ ᖃᑎᒌᒍᑎᒃᑐᐅᓕᓗᐊᑐᒃᑐ ᑭᔪᐊᓂᑦᑕᐅᖅᓯᒪᓕᖅᑐᖃᑦ ᐊᒥᓱᔪᔪᐅᑎᓂᓱᖅᑎᑦ ᖃᑎᒌᒍᑎᒃᑐᐅᓕᕆᔨᑦᑕᐅᖅᓯᒪᓕᖅᑐᖃᑦᑐᒍᒪᔪᑦ." ᐊᑕᓂ ᑕᐃᓗᒍ.

ᐱᒍᔪᑎᑦ ᐊᒥᓱᔪᖅᓯᐅᑕᐅᓚᓗᐃᑦ ᑭᔪᐊᓂ ᐃᓕᓐᓄᖅᓯᒪᓕᖅᑐᐅᑕᐅᓚᓗᐃᑦ ᐊᐅᔪᑭᓚᖅᓯᐅᑕᐅᓚᓗᐃᑦ ᓴᖅᑭᓇᓕᔪᓐᓇᖅᑐᖃᓚᐅᖅᓯᒪᓕᖅᑐᑦ ᐃᓕᓴᕐᓂᐊᕐᓗᒍ ᐊᐅᓚᑦᑎᓴᖅᓯᐅᑕᐅᓚᓗᐃᑦ ᐊᓂᐅᑕᓕᖅᑎᓂᒃᓗᒍ ᐊᓂᐅᔭᓕᔪᓐᓇᖅᑐᑦ ᐊᓂᐅᔭᓕᓗᐊᑐᒃᑐᐅᓕᕆᓴᖅᑎᑦ.

ᑲᑎᒪᓕᔪᔪᐊᑦᓗᒋ ᐱᖅᔪᐊᑭᒃᑎ ᑎᑎᕋᑕᐅᔪᒪᓕᓕᔪᔪᐅᑎᒃ ᐅᕙᓂ ᔪᐅᓂᓗᓂᐊᑦᑕᐅ ᐃᓕᓐᓄᑦ ᐊᔪᔪᑦ ᓴᐃᓐᓇᓕᔪᓐᓇᖅᑐᐅᑕᐅᓚᓗᐃᑦ

William M. Zuk ᐃᓕᓂᓂᐊᑦᓴᐃᒥ ᐃᔪᒪᑕᐃᓂᓱᑦ, ᐊᑕᒍᑕᓗ ᐃᓕᓂᓂᐊᑦᓴᐃᖅᓱᓂ ᐃᒡᓗᓕᓂᖅᒥ.



INUIT GAMES

INTRODUCTION

Originally, Inuit games were played spontaneously and in an unstructured way. Rules were basic and often the games varied from region to region. Winning a game wasn't as important as the sheer fun and enjoyment of playing.

Many of the games described in this manual have been written up in a form applicable to more structured competition. With the advent of Territorial and Arctic wide games, a whole new set of rules, standards, and techniques have been established in order to determine the "winner" and maintain a record keeping system. The reader should keep in mind the spirit of fun and spontaneity in playing the games and need not get tied down to rules. Finding a winner becomes less important than participating and enjoying oneself.

ᐃᓄᐃᑦ ᖃᑎᒍᑎᖏᑦ

ᖁᐅᓵᑎᑎᓕᐊᓗᑦ

ᑕᐃᔨᓪᓚᓂᐅᓪᓚᐅᑐᔪᖅ, ᐃᓄᐃᑦ ᖃᑎᒍᒪᓪᓕᐊᖏᓐᓇᖅ ᖃᑎᑎᐊᕐᓚᐅᔨᑐᑦ ᐊᒡᒪᓗ ᐃᒪᓐᑐᔪᖅᑕᐅᖓᓕᑎᑦ. ᒪᓕᒪᓴᑦ ᐊᑎᓪᓗᐊᕐᓚᐅᖓᑭᒃᑕ ᐊᒡᒪᓗ ᖃᑎᒍᑎ ᐊᒡᒥᖏᖓᔪᓂᒃᑐᑎᓗᒃ ᐊᒡᒥᖏᓕᓪᓗᐊᓂᖓᖏᓐ ᐊᒡᖏᖓᓕᓪᓗᐊᕐᓚᐅᓕᖓᑦᑎᑦ. ᓴᓚᓴᑭᒪᓂᖅ ᐊᑐᑕᐅᓪᓗᐊᓂᖓᔪᐅᔨᑐᔪᓚᑦ ᑭᓯᐊᓂᓕ ᑭᐱᐊᖓᔪᓂᖅᓴᓴᐃᔨᓪᓗ ᖃᑎᒍᐸᓚᐅᑐᑦ.

ᐅᑯᐊ ᐱᖓᒍᐊᕐᑎᑦ ᑎᑎᕐᖓᓕᓴᕐᑦ ᐅᕐᓂᓂ ᐅᔨᒃᑲᓚᒪᕐᒥ ᒪᓚᓚᐊᖓᓂᒃᑐᖅ ᐊᑐᔪᓐᓇᖅ. ᑕᐃᒪᖓᒪᓂ ᐃᓄᐃᑦ ᓄᓇᖓᓂ ᓄᓇᑎᐊᓗᒃᑕᕐᒥ ᖃᑎᒍᕐᑕᓚᓕᑎᓗᑦ ᖃᑎᒍᑎᓗᑎᓕᕐᑦ ᒪᓚᓕᐊᓚᖓᓂᒃ ᐊᑐᔪᓐᓇᖅ. ᑭᓇᐅᔭᓚᖓᓂᒃ ᓇᓗᓇᐃᔪᖅᑐᖅ ᓇᓗᓇᖓᑎᐊᓗᒃᑕᕐᒥ ᐊᑐᔪᓐᓇᖅ. ᑭᓇᐅᔭᓚᖓᓂᒃ ᑎᑎᕐᖓᑕᐅᓂᖓᖏᓐ ᓇᓗᓇᖓᑎᐊᓗᒃᑐᒍᓚᑦ ᐊᒪᓗ ᑭᓇᐅᔭᓚᖓᓂᒃ ᑎᑎᕐᖓᑕᐅᓂᖓᖏᓐ ᓇᓗᓇᖓᑎᐊᓗᒃᑐᒍᓚᑦ. ᑭᓯᐊᓂᖓᖏᓐ ᖁᓕᓴᕐᓗᒃᑐᓂᒃᑐᖓᓂᒃᑐᑦ ᐊᒪᓗ ᒪᓕᒪᓴᑦ ᑎᑎᕐᖓᑕᐅᓂᖓᖏᓐ ᓇᓗᓇᖓᑎᐊᓗᒃᑐᒍᓚᑦ. ᑭᓯᐊᓂᖓᖏᓐ ᐃᓄᐃᑦ ᓄᓇᖓᓂ ᓄᓇᑎᐊᓗᒃᑕᕐᒥ ᐊᑐᔪᓐᓇᖅ ᐊᒪᓗ ᑭᓯᐊᓂᖓᖏᓐ ᐃᓄᐃᑦ ᓄᓇᖓᓂ ᓄᓇᑎᐊᓗᒃᑕᕐᒥ ᐊᑐᔪᓐᓇᖅ. ᑭᓯᐊᓂᖓᖏᓐ ᖁᓕᓴᕐᓗᒃᑐᓂᒃᑐᖓᓂᒃᑐᑦ ᐊᒪᓗ ᒪᓕᒪᓴᑦ ᐊᑎᓪᓗᐊᕐᓚᐅᓕᖓᑦᑎᑦ ᐊᒡᒪᓗ

OUTLINE

Section 1: Kicks

1 - Two Foot High Kick
2 - One Foot High Kick
3 - One Foot Hop Kick
4 - Alaskan High Kick
5 - One Foot Belt Kick
6 - Swing Kick
7 - Toe Kick (Alaskan)
8 - Back Extension Kick

Section 2: Reaches

1 - One Hand Reach
2 - Mouth Reach
3 - Bench Reach
4 - Side Reach
5 - Chair Twist Mouth Reach

Section 3: Pulls

1 - Arm Pull
2 - Wrist Pull
3 - Finger Pull
4 - Hand Pull
5 - Neck Pull
6 - Ear Pull
7 - Foot Pull
8 - Mouth Pull
9 - Walrus Pull
10 - Match Stick Pull
11 - Indian Stick Pull
12 - Stick Pull

Section 4: Push

1 - Head Push
2 - Musk Ox Fight
3 - Back Push
4 - Eskimo Style Push-Ups
5 - One Hand Push-Up

Section 5: Hangs

1 - Rope Gymnastics
2 - Nulaujamut Nusuunguanik (Rope Pulling)
3 - Toe Hang
4 - Finger Hang

ᐅᑲᖏᒪᓪᓕᐊᓂᒃ

ᐊᐱᑲᑐᓕᓂᖅᓯᒪ 1: ᐊᖏᕐᕋᔪᑦ

1 - ᐃᓕᓴᕐᑐᑦ ᖃᐅᑎᕐᑐᒥᑦ ᐊᖏᕐᓂᖅ
2 - ᐃᓕᓴᐃᓇᓱᒧᑦ ᐊᖏᕐᕋᖅᓂᖅ
3 - ᐃᓕᓴᐃᓇᓱᒧᑦ ᓇᖅᑲᕐᓴᓂ ᐊᖏᕐᓂᖅ
4 - ᐊᓪᓚᕐᒥᐅᑎᑐᑦ ᐊᖏᕐᓂᒋᐊᖏᓂᖅ
5 - ᐊᕐᓴᓇᓱᑦ ᖃᐅᖅᓯᓂᖏᑦᑐᑐᕐᓚᕐᓴᓂ ᐊᖏᕐᓂᒍᒪᓂᖅ
6 - ᐊᐅᓪᒃ ᐊᖏᕐᓂᒋᐊᖏᓂᖅ
7 - ᐳᑐᔪᑦᒧᑦ ᐊᖏᕐᓂᒋᐊᖏᓂᖅ (ᐊᓪᓚᕐᒥᐅᑎᑐᑦ)
8 - ᕈᐊᓂᖅᒧᐃᕆᓚᓂᖅᓂᖅ

ᐊᐱᑲᑐᓕᓂᖅᓯᒪ 2: ᐊᑲᑐᓂᓇᓂᖅᓂᖅ

1 - ᐃᓕᓴᐃᓇᓱᒧᑦ ᐊᓚᓗᒧᐃᕆᕐᓚᕐᓂᖅ
2 - ᖃᓄᓂᖅᒧᑦ ᐊᑲᑐᖅᓂᓇᓂᖅᓂᖅ
3 - ᑐᖅᓚᐱᖅᓴᓂ ᓂᐳᓪᒧᐊᖏᓂᖅ
4 - ᓴᖅᓂᔪᑦᐃᕆᔪᓂᖅ
5 - ᐃᕈᓂᕿᐅᑕᖅᑎᒥ ᓂᓄᓂᖅᒧ ᕈᓂᒋᐊᖏᓂ

ᐊᐱᑲᑐᓕᓂᖅᓯᒪ 3: ᓄᑦᑐᑎᓂᖅᓂᖅ

1 - ᑕᓭᖅᒧᑦ ᓄᑦᑐᑎᓂᖅᓂᖅ
2 - ᐊᓚᐅᑎᒥᔪᑦ ᓄᑦᑐᓴᐊᖏᓂᖅ
3 - ᖃᕈᑎᖅᓵᕐᖅᓂᖅ
4 - ᐊᖅᓴᕐᖅᓂᖅ
5 - ᖃᓄᓂᖅᒧᑦᒧᑦ ᓄᑦᑐᓴᐊᖏᓂᖅ
6 - ᓂᐅᑎᒥ ᓄᑦ ᓄᑦᑐᓴᐊᖏᓂᖅ
7 - ᐃᑎᓚᖅᒧᑦ ᓄᑦᑐᓴᐊᖏᓂᖅ
8 - ᖃᓄᓂᖅᒧᑦ ᓄᑦᑐᓴᐊᖏᓂᖅ
9 - ᐊᐃᐅᕆᔪᖅᓂᖅ ᓄᓇᕕᒃᓯᒪᓂᒍᒪᓂ
10 - ᐃᕈᑎᒥᑲ ᓄᑦᑐᓴᐊᖏᓂᖅ
11 - ᐊᓪᓕᑎᑐᑦ ᖃᕈᓴᐊᖏᓴᒥ ᓄᑐᓴᐃᖏᓂᖅ
12 - ᖃᕈᓴᐊᖏᓴᕆᑲ ᓄᑐᓴᐊᖏᓂᖅ

ᐊᐱᑲᑐᓕᓂᖅᓯᒪ 4: ᐊᖅᐅᖏᑐᑲ

1 - ᓂᐊᖏᑦᑯᑦᒧ ᐊᖅᐅᖏᓂᖅ
2 - ᐅᒥᖅᓚᖅᔪᖅᓂᖅ
3 - ᑐᓄᒧᑦ ᐊᖅᐅᕈᑎᓂᖅ
4 - ᐃᓄᑲᑎᑐᑦ ᐊᓚᖅᒧᑦ ᐊᖅᖅᑕᖏᓂᖅ
5 - ᐃᓕᓴᐃᓇᓱᒧᑦ ᖃᑲᖅᓚᑕᓇᐊᖏᓂᖅ

ᐊᐱᑐᖏᓕᓂᖅᓯᒪ 5: ᐅᖅᐅᑕᓱᑦ ᓂᐱᖅᓱᑦ

1 - ᐅᖅᐅᑕᖏᓪᓂᖅ
2 - ᓇᓪᑕᐅᖅᒧᑦ ᓄᓯᖅᖅᔪᐊᖏᓂ
3 - ᐃᑎᓚᒥᔪᑦ ᐳᑐᔪᒥᔪᑦ ᓂᐱᖅᓚᖅᓂᖅᓂᖅ
4 - ᖃᕈᑎᖅᓵᕐᖅᒥ ᓄᑦ ᓂᐱᖅᓚᖅᓂᖅ

Section 6: Lifts

1 - Eskimo Push Up
2 - Dead Man Weight Lift
3 - Straddle Lift
4 - Airplane
5 - Ear Lift

Section 7: Hops/Walks/Jumps

1 - Rabbit Hop
2 - Owl Hop
3 - Knuckle Hop
4 - Push Up Hop
5 - Kneel Jump
6 - Standing High Jump
7 - Stick Jump
8 - Butt Bump
9 - Squat Jump
10 - Sitortaq
11 - Two Stride Jump
12 - Sealskin/Caribou Skipping
13 - Elbow Walk
14 - Knee Walk
15 - Misiqtuktut (Skipping)
16 - Stick Walk
17 - Missittanguak (Window Jump)
18 - Heel Kicks
19 - Hand Walk

Section 8: Twists and Rotations

1 - Wrist Twist
2 - Finger Twist
3 - Twist Around Stick
4 - Stick Twist
5 - Neck Twist
6 - Leg Twist
7 - Parka Rotation
8 - Chair Rotation
9 - Back Bend
10 - Hand Springs

Section 9: Wrestling

1 - Leg Wrestle
2 - Finger Wrestle
3 - Chair Wrestle
4 - Nikivittuq

ᐊᐱᕆᑐᕐᒪᓂᖅ 6: ᖃᖅᓪᓗᑕᐃᔨᑎ ᐊᔨᒥᖅᑐᑦ

1 - ᐃᓇᓴᕆᑐᑦ ᐊᕼᓕᐅᔨᑦ ᑎᒥᒥᓂᓴ
2 - ᐃᓗᖅᒥ ᖃᕐᕿᑎᓗᒍ ᕈᐱᖅᓯᒥᐊᓂᖅ
3 - ᖃᕈᑎᐊᔪᑦ ᑎᔪᓗᒍ ᑲᖅᓚᑦᓗᒍ
4 - ᑎᖅᒥᓯᖅᔪᖅᓂᖅ
5 - ᓯᐅᑎᒥᓇᑦ ᖃᑲᖅᓚᑎᑎᓂᖅ

ᐊᐱᕆᑐᕐᒪᓂᖅ 7: ᖃᕈᒥᓂᑦ/ᐱᓯᖅᓂᑦ/ᘮᕈᒥᑕᒥᓂᑦ

1 - ᐅᑲᓕᐅᔭᖅᓂ ᖃᕈᒥᖅᑲᑕᖅᓗᓂ
2 - ᐅᑲᐱᒃᓯᐊᑐᑦ ᖃᕈᓕᒥᑕᓂᖅ
3 - ᓇᓵᔪᐊᖅᑲᑕᖅᓂᖅ
4 - ᐅᑲᓕᐅᔭᖅᓂᖅ ᐊᒪᓗᑦ
5 - ᓯᖅᑯᒥ ᐊᖅᒪᓗᓂ ᓇᓵᕈᖅᓯᓯᐊᖅᓂ
6 - ᖃᕐᕿᖅᑐᖅᒥ ᐊᖅᓚᑎᑎᓂᖅ ᐊᐅᓚᑦᓗᒍ
7 - ᖃᐅᖅᓯᐊᖅᒥ ᐊᓵᓗᐃᑕᖅᓂᖅ
8 - ᐅᑲᐸᑎᖅᓄ ᐊᐅᓚᖅᑎᑎᓇᓯᖅᓂᖅ
9 - ᐱᑲᓕᖅᑕᖅᑐᖅ
10 - ᓯᑦᑐᖅᑕᖅ
11 - ᒥᓯᔭᖅ ᐊᓵᓗᖅᓗᓂ ᒪᕈᐃᓗᓂ ᒥᓯᖅᓂᖅ
12 - ᖃᕈᓯᖅᒥ ᖃᕈᒥᑕᖅᓂᖅ
13 - ᐃᑯᓯᖅᓄᑦ ᐱᓯᓂᖅ
14 - ᓯᖅᑯᓄ ᐱᓯᒍᓂᖅ
15 - ᒥᓯᔭᑕᖅᑐᖅ
16 - ᖃᕈᓴᐊᓴᒥ ᑎᒍᒥᐊᓗᓂ ᐱᓯᖅᓂᖅ
17 - ᒥᓯᔭᑕᖅ
18 - ᕈᖅᕆᕈᔭ ᐊᔭᑐᖅᖅᑕᓗᒥᔭ
19 - ᐊᒪᓄᑦ ᐱᓯᖅᓂᖅ

ᐊᐱᕆᑐᓯᒪᓂᖅ 8: ᖃᕈᐱᑕᖅᓂᔭ ᑲᐃᐱᑕᓗᓂ

1 - ᐊᒪᐅᑎᖅᒪᓂ ᖃᕈᐱᑎᒥᐊᖅᓂᖅ
2 - ᖃᕈᑎᖅᓗᕈᓂᔭ ᖃᕈᐱᑎᓗᒍ
3 - ᖃᕈᓴᐊᔭᓄᑦ ᑲᐱᐸᒥᐊᖅᓗᓂ
4 - ᑲᐃᐸᑎᒥᐊᖅᓂ ᖃᕈᓴᐊᖅᓴᒥᔭ
5 - ᖃᖅᑲᒪᓯᓂᐊᒍᑦ ᐊᐅᓚᑦᓗᑎᒥᐊᖅᓂᖅ
6 - ᓂᐅᖅᓄᓂᑦ ᓂᑦᑐᓗᑎᔭ ᒪᕈᖅᓇᓯᔭᑐᑦ
7 - ᔪᐸᓯᒪᓗᓂ ᑲᐃᐸᑦᓚᖅᓄᖅᓂᖅ
8 - ᐃᔭᓯᐸᐅᑕᖅᒥ ᐊᑕᒪᑎᑎᓂᖅ
9 - ᑐᓄᒪᑦ ᖃᕈᐱᖅᑲᑕᖅᓂᖅ
10 - ᐊᓚᒃᓄᒪᑦ ᐱᓇᖅᑲᑕᖅᓂᖅ

ᐊᐱᕆᑐᓯᒪᓂᖅ 9: ᐱᓚᔪᓴᐊᕕᑎᑦ

1 - ᓂᐅ ᐊᑐᖅᓗᒍ ᐱᒍᔪᖅᑲᑕᓂᖅ
2 - ᐊᓚᒃᒪ ᐱᒍᔪᐊᖅᓂᖅ
3 - ᐃᔭᓯᐸᐅᑕᖅᒥᓗᓂ ᐱᒍᔪᐊᖅᓂᖅ
4 - ᓂᕈᐱᑦᑐᖅᑕ

Section 10: Quiet Games

1 - Ajagaak
2 - Ayarak (String Games)
3 - Iglukita (Juggling)
4 - Bag of Bones
5 - Bone Toss
6 - Anutujuak
7 - Nalautsaanguak (Blind Guessing Game)
8 - Open Hand Ball Pass
9 - Akserk (Chanting Game)
10 - Scare
11 - Iglagunerk (Laughing Contest)
12 - Toss the Ball
13 - Napartaq
14 - Ipluktaq
15 - Imiglugtaq

Section 11: Active and Other Games

1 - Atayak (Sand Ball)
2 - Arksanik (Soccer)
3 - Amagoyak (Wolfman)
4 - Anauligak (Inuit Baseball)
5 - Rope Tag
6 - Unark (Harpoon Throw)
7 - Millunguannik (Throwing Stones)
8 - Tuluktutissuq (Caribou Antler Throw)
9 - Pattak Pillitattuk (Bouncing Egg)
10 - Pititsik Qatjulu (Bows and Arrows)
11 - Quikiutunnguak Tasijualik (Slingshot)
12 - Illuuk (Sling)
13 - King of the Hill
14 - Ice Spin
15 - Sitorok (Sliding)
16 - Dog Team
17 - Nugluktuq
18 - Ipiraktut (Whip)
19 - Nalukataak (Blanket Toss)
20 - Drum Dance
21 - Tuptauyanerk (Blindfold Tag)

ᐊᐱᐅᑐᕐᒪᓂᖅ 10: ᓂᐱᖏᑐᔭᓗᐊᖅᑲᖅᑐᑐᒃ ᖃᑎᒍᑎᑦ

1 - ᐊᔭᒪᖅ
2 - ᐊᔭᕐᖅ (ᐊᖅᓄᓚᐅᔭᖅᓯᑦ ᖃᑎᒍᑦ)
3 - ᐃᒡᓗᑭᑦᖅ
4 - ᓴᐅᓂᒃᑦ ᓴᖅᑲᑕᐅᑉ ᐃᓗᐊᓂ
5 - ᓴᐅᓂᖏᓂ ᒪᑭᑦᓂᖅ
6 - ᐊᐟᓄᑉᕿᐊᖅ
7 - ᓚᒥᐅᑕᖅᖅᒍᐊᖅ (ᑕᓗᕈᒪᒃᓗᓂ ᖃᑎᒍᑦ)
8 - ᐊᖏᒪᕐᑦ ᐃᕈᕕᐊᖅᓚᓚᓄ ᑐᓂᕈᖅᑲᑕᐅᑎᓂᖅ ᐊᑕᐃᔭᒥ
9 - ᐊᑦᖅᕈᖅ (ᐃᒪᖅᕈᐅᔭᓗᓂ ᖃᑎᒍᑦ)
10 - ᖅᑲᓕᖅᑕᒋᓴᓂᓂᖅ
11 - ᐃᒃᓕᒪᒍᓂᖅ
12 - ᐊᑦᔪᖅᒥ ᐃᒥᑎᖅᑲᑦᓂᖅ
13 - ᓚᐟᐸᑦᑕᖅ
14 - ᐱᐅᖅᑲᑕᑐᐊᑦᓂᖅ
15 - ᐱᑐᖅᖅ

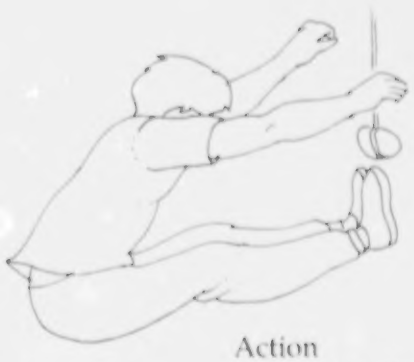
ᐊᐱᐅᑦᕈᒪᓂᖅ 11: ᐱᖅᒍᐊᕈᓕᑦ ᐊᕈᖅᕈᑦ ᖃᑎᒍᑎᑦᓗ

1 - ᐊᑭᑲᖅᖅ (ᕈᐅᔪᒥ ᐃᓗᓕᓕᒃ)
2 - ᐊᑦᖅᓴᑦᓂᖅ
3 - ᐊᒪᕈᕆᖅᖅ
4 - ᐊᓚᐅᓕᒻᒧᖅ (ᐃᓚᒃᑎᑐᑦ)
5 - ᐊᖏᓄᓚᑦᒧᑦ ᐊᒻᒪᑭᑕᐅᕐᓚᐊᑦᓂᖅ
6 - ᐅᓚᖅᖅ (ᐅᓚᑦᒥ ᐃᒥᑎᔭᓂᖅ)
7 - ᒥᓵᓗᖅᒍᐊᑦᓂᖅ
8 - ᑐᓗᖅᑐᑎᑕᖅᖅ (ᑐᒃᑐᑦ ᓚᒻᕐᓚᐊᓂ ᐃᒥᑎᓂᖅ)
9 - ᕿᑦᑕᒃ ᐱᒻᓕᒃᑕᑦᑐᖅᖅ (ᒪᐟᓂᒃ)
10 - ᐱᑎᒃᓕ ᖅᒃᑦᕐᓗ
11 - ᖅᑯᐃᑭᐅᑐᐟᓗᐊᖅᖅ ᑕᕐᕈᐊᓕᒃ
12 - ᐃᓵᓗᒃ
13 - ᕐᑐᖅᖅᒃᐅᑦ ᐃᕐᒪᑕᑦᕈᐊᖅᖏᒪ
14 - ᕐᑯᒥ ᕐᑯᒧᑦ ᑲᐃᕿᓂᖅᖅ
15 - ᕐᑐᑦᖅᖅ
16 - ᖅᑭᒧᒃᕈᖅᖅᒍᐊᖅᖅ
17 - ᓄᒻᓗᒃᑕᖅᖅ
18 - ᐃᐱᖅᖅᑐᖅᖅ
19 - ᓚᓗᒃᑕᖅᖅ
20 - ᖅᑭᓕᐅᔭᓂᖅᖅ
21 - ᑕᑦᑕᐅᔭᖅᖅ

Two Foot High Kick

ᒪᓕᖅᓂᑦ ᐃᑎᒪᖅᓂᑦ ᐊᖏᓯᕆᐊᕐᓗᓂ

Start
ᐱᕆᐊᕐᓂᖅ



Action
ᐃᒪᓐᓇ ᐱᖅᐅᓪᓗᖅ

1. TWO FOOT HIGH KICK

Equipment: High kick stand

Stance and Start: Start from a standing position under the target or up to 10 feet from the target.

Movement: Walk or run toward the target. Jump from both feet and, keeping feet together, kick target. Land on two feet and maintain balance.

Judging and Scoring: The starting height is established by the competitors and the judge based on the skill levels. Three tries are given each competitor at each height. The target is raised two inches at a time. When it begins to get difficult the competitors may decide to only have the target raised one inch. The target must be clearly hit with two feet. If there is a tie, the number of failed kicks at all attempted heights is counted. The person with the least number of failed kicks wins.

1. ᐃᓕᓴᐅᓪᓗᑦ ᖃᓄᐃᓕᓴᕆᔨ ᐊᖏᓯᕐᓂᖅ

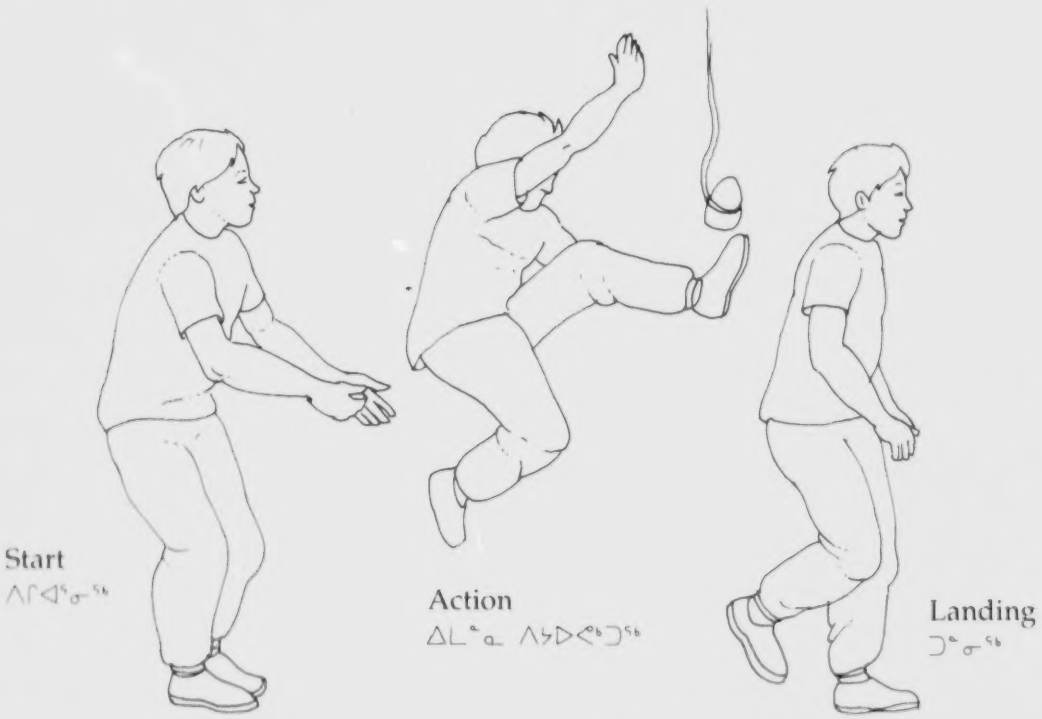
ᐱᖓᔪᐊᕈᑎᑦ ᐊᑐᓇᐊᓕᓐᓂᑦ: ᖃᓄᐃᓕᓴᕆᔨ ᐊᖏᖅᓱᖅᓯᐅᑦ ᓇᓪᓕᖅᓴᖅ

ᐊᐅᓚᓇᐊᖏᐅᒃ: ᐊᖏᖅᐅᐅᖅᓇᐊᓕᐅᑦ ᐊᑎᒋᑎᐊᖏᓚᓂ ᓇᖏᓪᓗᓂ ᐅᑦᓪᓗᓕᖅᓂᑦ ᐅᑐᑐᕆᓂ ᖃᓄᐃᑦ ᐅᖓᓚᑦᑎᓗᓂ ᑕᒪᓪᓚᖏᑦ ᐊᖏᖅᐅᐅᒋᐊᓂᐊᖓᑦᑎᒋᑦ.

ᐊᐅᓪᓚᓂᖏᑦ: ᐱᓕᒪᓗᓂ ᐅᑦᓪᓗᓕᖅᓂᑦ ᐅᓚᒪᒪᓗᓂ ᑕᒪᖅᖏᖓ. ᐃᑎᒪᑎᑦ ᐊᑕᐅᒋᑎᑯᑦ ᖃᖏᓚᖓᑦᑎᓪᓗᑦ, ᑲᑎᒪᐃᓇᓗᓂᑦ ᐊᖏᖅᐳᖅᓴᖅ ᐊᖏᓐᓄᒍ. ᐃᑎᒪᖅᓂᑦ ᐃᒪᒪᓗᓂ ᑐᓚᓗᓂ ᐊᓪᒪᓗ ᒪᑭᑕᐃᓇᓕᐊᓗᓂᑦ.

ᐊᓱᖏᓂᖏᑦᑕ ᓇᓗᓇᐃᔨᓂᖏᑦ: ᐊᖏᖅᓴᖅᓴᐅᑦ ᖃᓄᐃᓂᖏᖓ ᐱᔭᕆᐊᖃᕐᓂᑦ ᐊᖏᖅᑕᐅᓴᖅᑕᓴᓐᓂᖅ ᐊᑐᓂᓚᐅᖅᓂᑦ ᐃᓕᓴᕆᔨᓂᑦ ᐃᓕᓴᕆᔨᓂᑦ ᐊᑐᓂᓚᐅᖅ

One Foot High Kick



2. ONE FOOT HIGH KICK

Equipment: High kick stand

Stance and Start: Start from a standing position under the target or up to 10 feet from the target.

Movement: Walk or run toward target. Jump from two feet, kick target with one foot only (left or right) and land on the same foot that you kicked the target with. Maintain balance by bouncing on the one foot that landed before dropping the other foot to the floor.

Judging and Scoring: Same as for Two Foot High Kick except that the target must be clearly kicked by one foot.

One Foot Hop Kick

ᓇᖃᒥᔭᕐᓂᓂ ᐊᕐᕿᓯᓂᖅ

3. ONE FOOT HOP KICK

Equipment: High kick stand

Stance and Start: Approach target hopping on either foot.

Movement: Kick target with the foot you are hopping on. Land on the same leg and maintain balance.

Judging and Scoring: Three tries per level or height. The target is raised two inches at a time and one inch when it gets higher.

3. ᐃᒃᓗᐊᖓᓂᒃᓴᓗᒍ, ᓇᖃᒥᔭᕐᓂᓂ ᐊᕐᕿᓯᓂᖅ

ᐱᖅᔪᐊᕐᑎᑦ: ᖃᓄᑎᒃᑐᒥ ᐊᕐᕿᔭᕐᕋᐅᒃ ᓇᓪᓕᓴᖅ

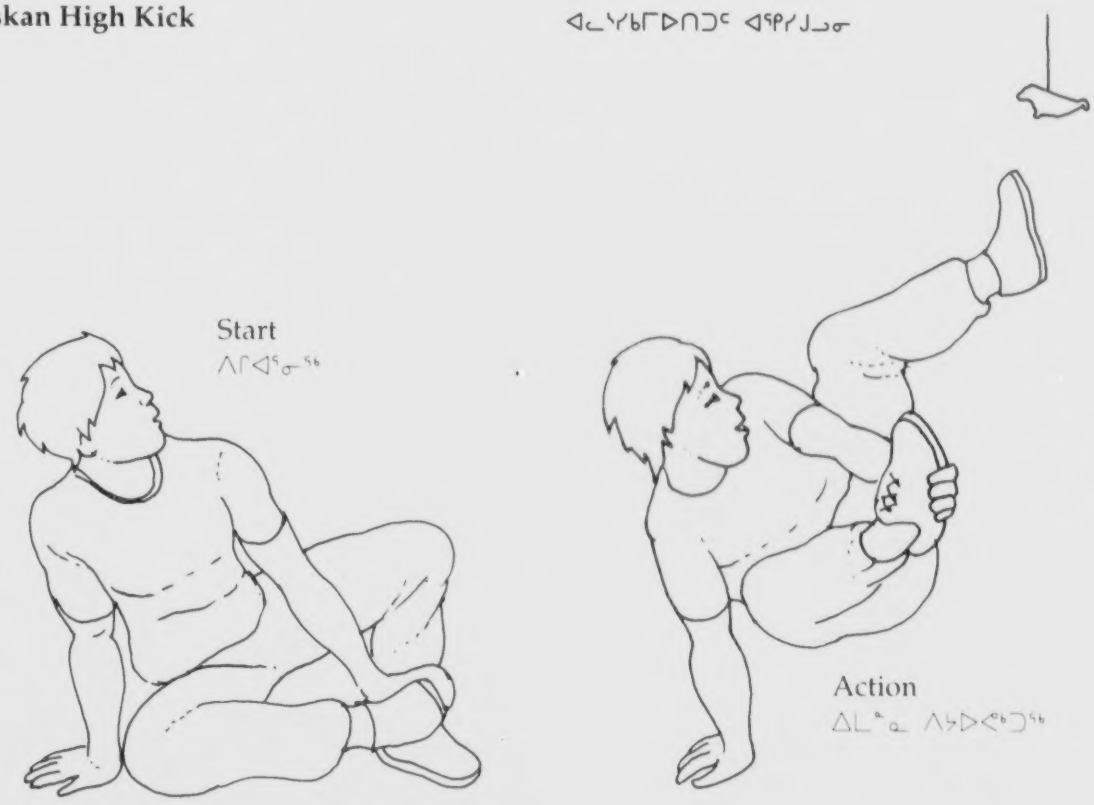
ᐱᔪᓕᐅᑎᒋᐊᕐᕋᐱᒃ: ᓇᓪᐊᓗᓐᑐᐃᓇᖅ ᓇᖃᒥᔭᓐᓂᑦ ᐊᕐᕿᔭᒃᓴᖅ ᐅᕐᓂᒃᓗᔪᓄ.

ᐊᐅᓚᕐᓂᖅᓴᒃ: ᓂᐅᖅᓄᑦ ᓇᖃᒥᔭᐅᓂᒥᔭᓄᑦ ᐃᒃᓗᐃᓇᕐᓂᖅᓴᒃ ᐊᕐᕿᔭᒃᓴᖅ ᐊᕐᕿᒃᓗᔪ. ᐊᕐᕿᓯᒋᐊᕐᕿᑎᒥᔭᕐᕋᓄᑦ ᓂᐅᖅᓄ ᑐᒋᐊᒥᓐᓂᑦ ᐅᕐᕿᑕᑕᐃᓚᓐᓂᑦ.

ᐊᓱᖅᓂᖅᓴᑕ ᓇᓗᓇᐃᔭᓂᖅᑕ: ᐱᖅᓯᓯᐃᓗᓂᓂ ᐱᒋᐊᓗᓂᓂ ᖃᓄᑎᒋᐊᕐᕿᖅᑕᐅᔭᕐᓗᒃ. ᐊᕐᕿᔭᒃᓴᖅ ᖃᓄᑎᒋᐊᕐᕿᒃᑕᓗᒍ 2" ᖃᐅᔨᓇᐊᕐᕿᓯᑦ ᐊᓯᒪᓗ 1" ᖃᐅᔨᖏᓇᐊᕐᕿᒃᑕᑦᓗᒍ ᖃᓄᑎᒋᔭᓂᖅᓯᑦ.

Alaskan High Kick

ᐊᓪᓚᕆᒥᐅᑎᑐᑦ ᐊᖏᕈᓗᓪᓂ



4. ALASKAN HIGH KICK

Equipment: High kick stand

Stance and Start: Sit on the floor with one hand placed on the floor behind the rump. Grab the opposite foot with free hand. This opposite foot is the non-kicking foot.

Movement: Lift the body off the floor and kick the target with the free foot. The kicking foot must return to the floor before the rump does.

Judging and Scoring: Three tries for each height. Target is raised two inches at a time and one inch when it gets higher.

4. ᐊᓯᕆᒥᐅᑎᑐᑦ ᐊᖏᕈᓗᐊᖅᓂᖅ

ᐱᖅᔪᐊᕈᑎᑦ: ᖃᓄᑎᑐᒥ ᐅᖅᕈᕆᐃᒃ ᓇᐸᓪᖅ

ᐱᒃᔪᕆᐅᑎᒋᐊᖅᐲᒃ: ᓇᑎᖅᒥ ᐃᒃᓯᓪᓚᓂᓂ ᐊᑕᐅᓯᖅ ᐊᒃᑲᐃᑦ ᓇᑎᖅᒥᑎᓖᓕᔪᔪ. ᐃᒡᓗᐊ ᓂᐅᕆᐃᑦ ᑎᔪᓚᔪ ᐊᒃᑲᓄᑦ ᓇᑎᒧᑦ ᑐᖅᓯᕈᓂᖅᓴᖅᒧᑦ. ᐊᖏᕈᓯᐊᕈᑎᕈᕆᖅᓯᕈᑕᐃᑦ ᑕᐃᒪ ᐃᑎᐃᑦ ᑎᔪᓂᖅᓴᐅᓂᐊᖅᐲᓂ.

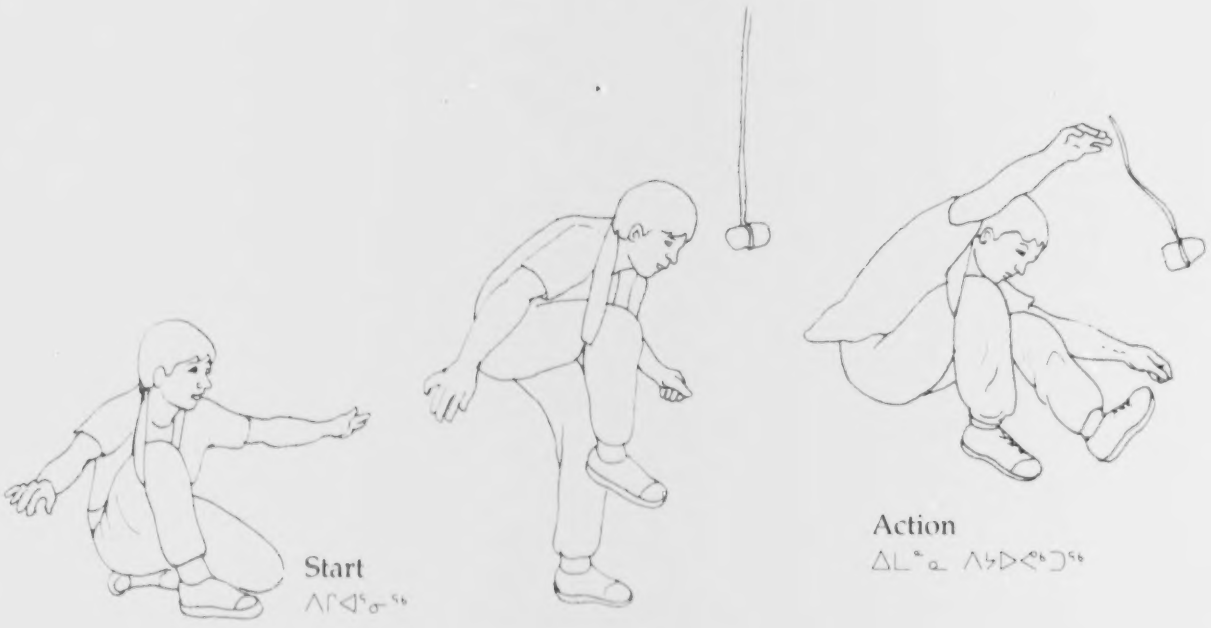
ᐊᐅᓚᓂᖅᓯ: ᑎᒥᑦ ᐊᐅᓚᒃᑲᔪ ᓇᑎᖅᒥᑦ ᐊᒪᓗ ᐊᖏᕈᒃᓴᖅ. ᐃᑎᓯᖅᓄᑦ ᑎᔪᕈᑎᒃᓯᕈᑕᐃᑦ ᓇᑎᓕᑦ ᑐᖅᓯᕈᓂᖅᓴᖅᒧᑦ. ᐊᖏᕈᓯᐊᕈᑎᕈᕆᖅᓯᕈᑕᐃᑦ ᓇᑎᖅᓕᑦ, ᐅᒃᐸᑎᒃᓴᐅᑦ ᑐᓚᐅᑎᓇᒃ ᑐᒥᐊᓗᑎᑦ.

ᐊᐅᓚᓂᓴᓪᓕ: ᑎᒥᑦ ᐊᐅᓚᒃᑲᔪ ᓇᑎᖅᒥᑦ ᐊᒪᓗ ᐊᖏᕈᒃᓴᖅᓴᖅ, ᐃᑎᓴᓄᑦ ᑎᔪᕈᑎᒃᓯᕈᑕᐃᑦ ᐊᖏᕈᓯᐊᕈᑎᕈᕆᓴᓄᑦ ᓇᑎᖅᓕᑦ, ᐅᒃᐸᑎᒃᓴᐅᑦ ᑐᓚᐅᑎᓇᒃ ᑐᒥᐊᓗᑎᑦ.

ᐊᓱᓴᓂᓴᒋᑕ ᓇᓗᓇᐃᕐᓂᓴᓪᓕ: ᖃᓄᑎᒥᒃ ᐱᒋᐊᖅᓂᖅᓴᖅᓴᓪᓕᑦ ᐱᓴᓕᔪᐃᓗᓂ ᐅᒃᑐᐸᓗᓂ. ᐊᖏᕈᒃᓴᖅᓴᐅᑦ ᖃᓄᑎᒥᒃ ᐊᒪᓗ 2". ᐊᒪᓗ 1" ᖃᓄᑎᒥᒃᓴᓂᑦ.

One Foot Belt Kick

ᑯᖏᓕᓂᒥᐅᑕᖅᓄᓂ ᐊᖅᑭᓂᖅ



Start
ᐱᒋᐊᖅᓂᖅ

Action
ᐃᒪᓐᓇ ᐱᓵᐅᕐᓴᖅ

5. ONE FOOT BELT KICK

Equipment: High kick stand, belt or thong about 3 feet long

Stance and Start: Kneel on the floor and place the belt or thong around the neck and put the non-kicking foot through the loop.

Movement: Without using the hands, competitor must try to get up off the floor onto the free standing leg. Keep balance, hop to target and kick target with free standing leg.

Judging and Scoring: Three tries are given to get onto your feet and three tries are given to kick the target. The target is raised as for other kicks.

5. ᐊᐅᓄᓇᒃᑎ ᖃᑯᖏᓕᓂᖅᑐᑐᖅᓄᓂ ᐊᖅᑭᓕᒍᓐᓂᖅ

ᐊᑐᒪᙱᑦ: ᐊᖅᑭᕐᓵᓴᖅᓄᓂ, ᑎᓪᓗᓴᖅᑎᓐ ᐅᑦᓯᓇᓐᓂᑦ ᐊᐅᓄᓇᒃᑎ.

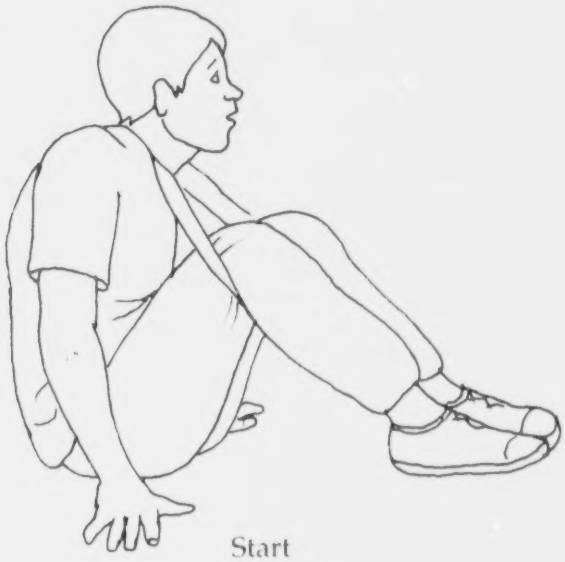
ᐱᒋᐊᕈᑎ: ᓇᑎᖅᓗᑦ ᓯᖃᑎᒋᐊᖏᓂᖅ ᑎᓪᓗᓴᖅ ᐊᐅᓄᓇᓇᓐᓂᑦ ᖃᖃᓂᖅᑐᓗ ᒥᐅ ᐱᒃᑕ ᓄᙵᓗᒍ.

ᐊᐅᓪᓚᕆᖏᓐᖅ: ᐊᓚᑎᑦ ᐊᐅᑐᑕᐃᓕᓗᒋᑦ ᐃᓕᓗᐃᓇᖅᑐᓗᒋᑦ ᓇᖏᒋᒋᐊᖅᓄᓂ ᐅᖅᑕᐃᓕᓗᓂ ᐊᖅᑭᕆᔭᖅᓴᖅ ᐃᑎᒪᖏᓐᑦ ᐊᖅᑭᒋᐊᖅᓄᓂ.

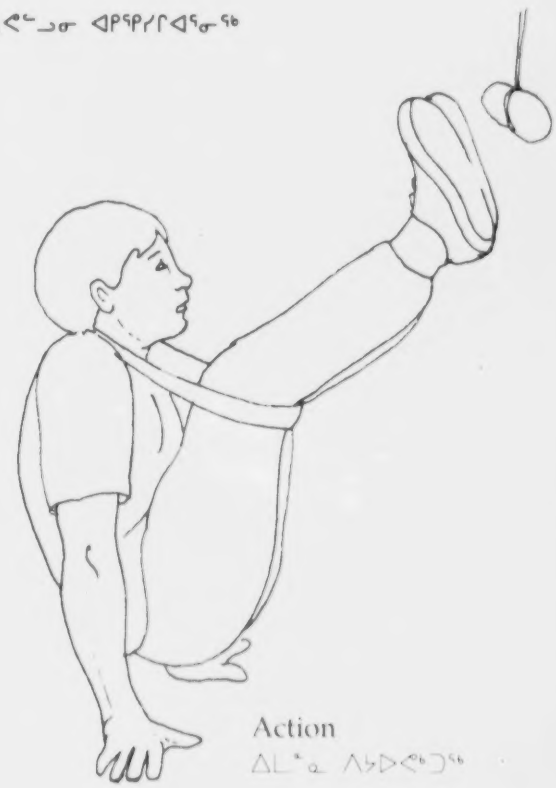
ᐊᓯᖏᓐᓂᖏᑦ ᖃᐅᔨᓴᖅᑕᐅᓂᖏᑦ: ᐱᖏᓕᓯᐃᖅᑎᖅᓄᓂ ᓇᑎᖅᓗᑦ ᐊᐅᓄᓇᓇᓐᓂᑦ ᐊᖅᑭᒋᐊᖅᓄᓂ.

Swing Kick

ᑲᐃᓕᓐᓂᓂ ᐊᑭᕐᑭᓯᐊᕐᓂᖅ



Start
ᐱᓕᐊᕐᓂᖅ



Action
ᐃᓚᖓᓗ ᐱᖅᐅᓕᖅᑐᖅ

6. SWING KICK

Equipment: High kick stand, belt or thong

Stance and Start: Sitting on the floor with knees together and up, place the belt around the neck and under the knees. Both legs are through the belt.

Movement: With hands placed on the floor at each side, lift the body off the floor. Reach target with toes together, kicking target and then returning feet to floor before the rump.

Judging and Scoring: Three attempts are given to lift the body off the floor and three attempts to kick the target.

6. ᐊᐅᓚᑲ ᐊᑭᕐᓯᐊᕐᓂᖅ

ᐊᑐᒪᕕᒃ: ᐊᑭᕐᑭᐅᔪᓴᖅ ᑎᓪᓗᖅᓯᒪᓕ ᐅᕙᓪᓕᐊᔨᓂᒃ ᐊᖅᓗᓂᓯᒥ.

ᐱᓯᐊᑭᑎ: ᓇᑎᖏᒥ ᐃᖅᓯᓪᓕᓂᓂ, ᓯᖏᑭᒃ ᑲᑎᒪᓕᓯᒥ ᐃᓗᓯᒪᓕᓯᓗ. ᑎᓪᓗᖅᓴᖅ ᖏᑭᒪᓯᓂᑯᖏᑎᒃᓴᒍ ᓯᖏᑭᒃᑯᖏᓗᒍ. ᐊᒋᔪᒃ.

ᐊᐅᓚᓂᒃ: ᐊᓕᒪᒃ ᓇᑎᖏᒃᓴᓯ. ᑎᒋᒃ ᖏᓐᓂᒋᓪᓗᐊᖏᓴᓗᒍ ᐊᖏᑭᓯᐊᖏᓴᓗᒍ ᐅᑐᔪᑎᒃ ᐊᖏᓂᖅᓴᖅᓯᒪᒃ ᐊᖅᑐᓪᓗᐊᖏᓴᓯ ᓇᑎᖏᓯᒪᒃ.

ᐅᐅᑐᖏᓐᓇᓯᒃ: ᐱᖓᓱᓯᔪᓂᒃ.

Toe Kick (Alaskan)

>ↄJˢ⊐ᶜ ᐊˢPᓯᐊˢᓂˢᵇ (ᐊᓪᓴᒥᐅᑎↄᶜ)

Action
ΔL°ᓪ ᐱᔭᐅᐸᵇↄˢᵇ

7. TOE KICK (ALASKAN)

Equipment: Broom handle or smooth round stick about 2-3 feet long

Stance and Start: With feet together, stand on a given line. A broom handle is placed two feet in front of the line widthwise.

Movement: Using toes, thrust body forward. Jump over the broom handle touching it gently with the toes and moving it backwards toward the line. Continue over the broom and land on two feet.

Judging and Scoring: If successful at a distance of two feet, move the broom handle two inches forward. The competitor must touch broom without resting any weight on the broom. Three tries are given for each distance.

7. >ↄJˢ⊐ᶜ ᐊˢPᓯᐊˢᓂˢᵇ (ᐊᓪᓴᒥᐅᑎↄᶜ)

ᐊↄLᓚˢᵇ: ᓴᓂᐅᑎᶜ Δ>ᐊᓂᵇ ᐅᐸᓪᔪᵊᓂᶜ ᐅᓪᒥˢↄᒥ ˢPᔨᐊᔨᵈᒥ 2-3 ᐅᵇↄˢᓴᐅᑎᶜ ᑕPᑎᒥ⊐J.

ᐊᐅᓪᓂᐊˢᐱᵇ: ΔᑎLᑎᶜ ᑲᑎL⊐ᒥᵇ, ᑎᑎˢᵇᓯL᙮ᶜ ᓪᓪᓂ ᓪᵊPˢ⊐ᑎᶜ. ᓴᓂᐅᑎᶜ Δ>ᐊ ᑎᑎˢᵇᓯL᙮ᶜ ᓯↄᓂᵊᒪᓂᑎ⊐J ΔLᓪ ᐅᵊᒪᔨᑎᒥ⊐J 2 ᐅᵇↄˢᓴᐅᑎↄᶜ, ᓯↄᓂᵊᐃˢᓂᑎ⊐J, ↄPᵊᒪ⊐ᓂ ᓴᓂᐅᑎ Δ>ᐊ.

ᐊᐅᓪᓂᵊᒥᑕ: >ↄJᑭᵇ ᐊↄ⊐ᒥᵇ, ᓯↄ>⊐ᶜ ᒥᓯᒪ⊐ᓂ, ᓴᓂᐅᑎ ˢᵇᵊᒪJˢ⊐ᓂ ᐊᵇↄ⊐ᓪᐊᵊᑯᓪ⊐J ᓴᓂᐅᑎ Δ>ᵊᒪ ᑭᵊJ⊐ᶜ ᐊᵇᓴ⊐ᑭᑕᑎᒥᐊ⊐J ᑎᑎˢᵇᓯL᙮ᶜ ᓪᓪᓂ. ᐊᵇↄᐊᓂᑯᵊᓂ ᐊᵇᓴ⊐ᑭᑦˢᑎ⊐J ↄᑎ⊐ᓂᶜ Δᑎᒪᵊᓪᓂᶜ ↄᒥᐊˢ⊐ᑎᶜ.

ᓴᓪᓂᵊᒥᑕ: ᑕΔL°ᓪ ᐅᵊᒪᔨᑎᒥ⊐J ᐊᔨᵊᒥᓪᔭ>ᑕ ᐅᵊᒪᔨᑭᔨᐊˢᵇᑕ⊐J 2", ᓯↄ>⊐ᒥᐊ⊐J. ᓴᓂᐅᑎᶜ Δ>ᵊᒪ ᐊᵇↄ⊐ᓪᐊᓚˢᵇᵊᒥL᙮ᶜ, ᐱJᓴᐅᔨᐊˢↄᶜ ᓴᓂᐅᑎᶜ Δ>ᐊᓂ ᐊᵇↄˢᔨ⊐ᓪᐊᵊᑯᓪ⊐J ᑎᑎˢᵇᓯL᙮ᶜ ᐊᵇↄᒥᔨᓴᓚᐊᓂᵇ. ᐱᵊᒪᔨΔ⊐ᓂ ᐱJᓴᐅᔨᐊˢↄᶜ ᐅᵇↄↄΔᓚᓚᐊᓂᶜ, ᐅᵊᒪᔨᑭᔨᐊᑕᐅᔭˢᑎᵊᒪᶜ.

Action - Variation
ᐊᓐᔨᑎᖏᑦᑐᑦ ᐱᖅᖃᓄᑦ

Variation

Equipment: Three blocks about 3-4 inches square.

Stance and Start: Same as above with three blocks placed in front of the set line one in front of the other. The first block is on the line, the second block is about 4 inches in front of the first and the third block another 4 inches in front of the second.

Movement: The competitor jumps over all three blocks kicking the middle block back *over* the first block. The two end blocks must not be disturbed by the middle block. If successful, the distance is increased between the two end blocks by one inch each block.

Judging and Scoring: Increase the distance an inch at a time. Three tries are given for each distance.

ᐊᓯᐊᔪᑦ ᖃᑎᖅᑕᐅᓂᖏᓐ

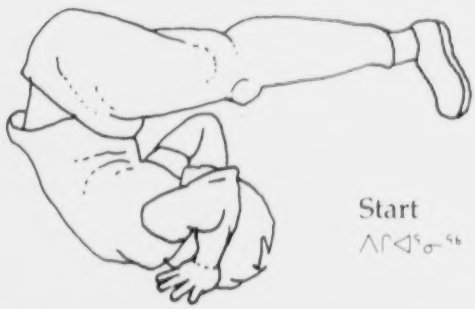
ᐊᑐᒪᖏᖅᖃᖅ: ᐸᑦᐸᓇᖅᑐᓂ, ᐱᖏᓚᔪᓕᑦ ᐃᓗᒪᖅᖃᖅ 3-4" ᐊᖏᑎᑎᓕᑦ.

ᐊᐅᓇᓇᐊᐱᖅ: ᐊᐅᓇᓇᐊᐱᖏᓚ ᖃᓄᖅᑐᑦ ᑎᑎᕋᐅᔨᒪᖏᓚᑦ ᐊᓐᔨᑎᐊᖏᓚ ᑕᐃᑦᑯᐊ ᐸᐸᖅᑐᑦ ᓇᑎᖅᑭᓚᑦ ᐃᓕᐅᖅᖃᓚᑦ ᑐᕈᓕᓇᓕᑦ. ᔨᐅᓕᐸᖅ ᑎᑎᕋᖅᔨᒪᔨᖅ ᓇᓚᓄᐊᖅᓗᔪ, ᐱᖅᑎᖏᓚ 4" ᔨᐅᓂᖏᓚᓂ ᐊᓗᒪ ᐱᖏᓚᔪᐊ ᐊᓗᒪ ᔨᓕ 4" ᔨᐅᓂbᓂᐊᓂ ᑐᕈᓕᓇᓕᖅᖃᔨᒪᓗᑦ.

ᐊᐅᓚᓂᖏᓚ: ᐱᔪᓴᐅᔨᐊᖅᑐᖅᖃ ᐸᑦᐸᓇᖅᑐᑦ ᖃᓚᔪᑦ ᖃᕈᒪᓂᓂ, ᖃᖏᓚᑕᓂᒥᓂ ᐊᑯᓚᐸ ᕈᖏᔪᒪᑦ ᐃᑎᒪᒥᓄ ᐊᖅᖃᓗᔪ ᔨᐅᓚᐸᖅᖃᖅ ᖃᓚᔪᑦ. ᐊᑯᓚᐸᖅᖃ ᕈᔨᒥ ᐊᐅᓚᔨᒥᐊᓚᒃ, ᔨᐅᓚᐸᖅᖃ ᐊᓗᒪᓗ ᕈᖏᔪᓚᐸᖅᖃ ᐊᐅᓚᔨᖏᒥᑕᐃᓐᓇᓗᑎᒃ. ᐊᔨᖏᑐᑎᖅᖃᖅᑐᑦ, ᕈᐸᓇᖅᑐᑦ ᐃᓗᒪᖅᖃᖅ ᐊᑯᑐᓇᐊᓗᒥᑦ ᐃᒪᓐᓇ ᐅᖏᓚᔨᑎᒥᔨᒥ 1", ᑐᓚᓕᐸᓗ ᐅᖏᓚᓕᖅᖃᖅᓗ.

ᐊᔨᖏᒥᓂᖏᒥᑦ: ᐊᔨᖏᒥᑐᖅᑲᖅᓚᑦ ᐅᑯᑐᓇᐊᖅᑕᓗᒥ 1" ᐊᓗᒪᓗ ᐱᖏᓚᔪᐃᓇᐊᑭᓇᑐᑦ ᐊᑯᑐᓇᐊᑕᐅᓴᖅᖏᓚᑕ.

Back Extension Kick



Start
ᐱᒋᐊᕐᓂᖅ

Action
ᐃᒪᓐᓇ ᐱᖃᑎᒌᒃᑐᖅ

8. BACK EXTENSION KICK

Equipment: High kick stand

Stance and Start: Laying flat on your back, place hands beside your head with palms down and bring both legs together and up to chest in pike position. The target should be directly up above the competitor approximately where belly button is.

Movement: In pike position, spring up in kip movement thrusting legs up to kick target. Land on feet.

Judging and Scoring: Three tries at each height. Target is raised two inches at a

8. ᑭᐊᓯᖅᓗ ᐃᖃᓗᓯᖅᓂᖅ

ᐊᑐᓚᕐᖃᖅ: ᐊᕿᑭᖅᖃᕐᖅ

ᐱᒋᐊᕈᑎ: ᓇᓪᓕᖅᓗᓂ. ᐃᑎᓕᑎᑦ ᐊᖅᑐᐊᓯᑎᓗᑎᒃ. ᐊᖅᓕᑎᑦ ᓂᐅᕕᐊᑦ ᓴᓂᐊᓂ ᓇᑎᕆᔨᓗᑎᒃ.

ᐊᐅᓚᖅᓂᖅ: ᐃᑎᓕᑎᑦ ᕿᒻᒪᖅᓗᒋ ᓴᖅᓄᑦ ᖃᖅᑲᒃᑕᓗᒃ ᑕᓚᖅᑭ ᐃᓯᐃᓪᓗᒋᑦ. ᐃᑎᓕᖅᓄᑦ ᐊᕿᑭᖅᖃᕐᖅ ᐊᕿᑭᓗᔪ ᐊᖅᓕᑎ ᑐᖅᖅᓗᒋᑦ ᖃᖅᑲᒃᑕᐅᑎᓯᓇᓂᐊᕿᑎᑎᑦ.

ᐅᖅᑐᑕᐅᓂᑦ: ᐱᖅᓯᐅᑎᓂᒃᑯᑦ.

Start
ᐱᒋᐊᕐᓂᖅ

One Hand Reach

ᐃᐣᓗᐃᓇᖅᓯᒪᑦ ᐊᓚᒃᖅᓯᒪᑦ ᐃᓕᖅᖢᖅᓂᖅ

Start
ᐱᓕᐊᖅᓂᖅ

Action
ᐃᒪᖅᓇ ᐱᖃᐅᕐᒥᖅ

1. ONE HAND REACH

Equipment: High kick stand

Stance and Start: Balance body on one arm with elbow tucked into abdomen. Spread legs slightly apart and bend knees closer to body to help keep balance. Spread fingers wide to help provide stable base.

Movement: On one arm, reach up and touch target. Return hand to floor before any other part of your body touches the ground.

Judging and Scoring: Three tries at each height. Target is raised two inches at a time.

1. ᐃᓕᓗᐃᓇᖅᓯᒪᑦ ᐊᓚᒃᖅᓯᒪᑦ ᐃᓕᖅᖢᖅᓂᖅ

ᐊᑐᓚᖏᑦ: ᐃᓕᖅᑕᕐᕆᐊᖅ

ᐱᓱᐊᕈᑦ: ᑎᒥᑦ ᐃᓂᓱᓗᒍ ᑕᓪᓕᖅᑕᑦ ᐃᓕᓗᐃᓇᖅᓯᒪᑦ ᓂᐅᖅᖢᖅ ᐊᖏᓗᒍᓕᖅ ᐅᕝᕙᑕᐃᓪᓚᓗᑎᒃ ᐃᓗᐊᓂᓕᕐᓂᖅᐅᓂᐊᕐᓚᑦ ᐊᓗᑎᒃ ᐃᓱᐃᖅᓚᓗᑦ ᑐᖅᓚᑎᐊᕐᓂᖅᐅᓂᐊᕐᕿᐃᑦ.

ᐊᐅᓪᓚᕈᐊᕐᓂᖅᓯᒪᑦ: ᐃᓗᓗᐃᓇᖅᓯᒪᑦ ᐊᓗᒃᖅᓯᓄᑦ ᐊᐅᑐᖅᑕᐅᖅ ᓇᐊᓪᓕᖅ ᐊᐅᑐᕐᓇᓱᓗᒍ. ᐅᖅᕈᓪᓕᐅᕐᖅᑎᓂᓇᓄᑦ ᐊᓗᓚᐃᑦ ᓇᑎᖅᓯᒪᑦ ᐅᑎᖅᑎᓪᓗᒍ.

ᐃᓪᓕᕐᒪᐅᑎᑦ: ᐱᖅᓯᓚᐃᖅᓗᓂ ᐅᐊᑐᖅᓗᓂ ᐅᐊᑐᕐᓇᓱᖅᓂᖅ 2 ᐃᖅᓱᒥᖅ.

Mouth Reach

ᖃᑲᓂᕐᒧᑦ ᐊᑲᑐᖃᓕᓴᐃᑲᓂᖅ

2. MOUTH REACH

Equipment: Small block of wood or cigarette lighter. Any small object will do.

Stance and Start: Balance body on both arms with elbows tucked into the abdomen or at sides of chest. Legs are extended behind.

Movement: While balancing on two arms, grab block with mouth and place as far forward from the set line as you can reach. Do not lose balance or drop feet to floor until you return to the starting position. The next competitor tries to move the object farther forward.

Judging and Scoring: Three attempts each try. Elimination of competitors based on distance reached.

2. ᖃᑲᓂᕐᒧᑦ ᐊᑲᑐᖃᓕᓴᐃᑲᓂᖅ

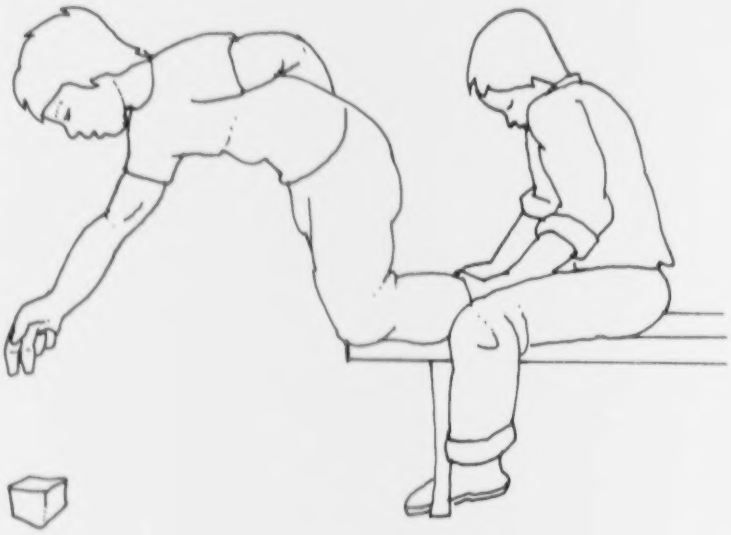
ᐊᑐᓚᐱᑦ: ᐃᓕᑭᑎᒥᑲ ᖃᓕᕆᓂᖅᐸᑦ

ᐱᒋᐊᕈᑦ: ᐃᑯᓱᑭᑲ ᑎᒥᖏᓄᐊᖅᓯᒪᑲ ᐅᑉᐹᓕᖏᓐᓂᑦ ᓴᖅᓄᐊᖅᑎᓕᖅᓯᒪᑦ ᐊᓚᑎᑦ ᓴᑎᖅᒥᓕᖅᓯᒪᓂᖅ.

ᐊᐅᓪᓚᐊᖅᓂᖏᓐ: ᑎᒥᑦ ᐃᑎᓚᑎᓐᓄ ᖃᖏᓚᑦᑕᕐᑎᓐᓄᓕᒃ ᐊᓚᓚᑎᑦ ᑐᖏᓚᔨᑎᓄᓕᒃ ᐃᓕᖅᑕ ᑭᓄᒍ ᐃᓕᖏᓂ ᐅᖏᓚᓱᓚᐊᖅᓄᒍ ᑎᑎᖅᓴᓚᐊᖅᓄᒍ ᐅᖏᓚᓴᐅᒋᐊᖅᓄᒍ ᐅᖅᑕᑕᐃᓕᓄᑎᑦ ᑎᒥᑦ ᐃᑎᓚᑎᓐᓄ ᓴᑎᖅᓯᒪᓂᖅᐸᑦ ᐃᓕᖅᑕ ᐅᖏᓚᓴᓕᖅᑐᑦ ᐃᓕᓚᒃᑐᑦ ᐃᓕᓚᐊᖅᑐᑦ ᐃᓕᓚᐊᖅᑐᑦ ᐅᖏᓚᓴᓕ

Bench Reach

ᑐᖏᓚᕐᖓᖅ ᓄᓂ ᓯᐅᒧᐊᖅᓂᖅ



3. BENCH REACH

Equipment: Bench about 18" high, a small block of wood about 1-2 inches square, knee pads if desired

Stance and Start: Competitor kneels at the end of the bench with knee pads to protect knee caps. Another person holds onto competitor's legs to anchor down. Competitor holds block of wood in one hand while the other hand is behind the back.

Movement: Leaning down, competitor places the block of wood as far out as possible without putting pressure on the wood. Return to upright kneeling position.

Judging and Scoring: If block is dropped or pressure applied, it counts as an attempt. Three tries allowed. Next competitor tries to pick up block and place it farther than the previous attempt.

3. ᑐᖏᖏᓴᕐᓚᖅᓄᓂᓄᓂ ᓯᐅᒧᐊᖅᓂᖅ

ᐊᑐᒪᙱᑦ: ᑐᖏᓚᐃ 18 Δᓱᐧᐃ >ᕐᑐᑎᒥᓄᒧᒍ ᖃᓴᐊᖅᓴᖏᒥ 1-2 Δᓱᐧᐃ ᑭᑦᓴᓇᔭᑐᒥ ᐊᒧᖅᒪᐅᓇᔭᖅᓴᑕ ᓱᖅᑯᖅᒧᑦ ᐋᓂᖅᑕΔᓕᓴᑦ

ᐱᒥᐊᑭᑦ: ᐱᒪᒍᑐᖅ ᓴᖅᑯᒥᖏᓚᓂᓂ ᑐᖏᓚᐱᐅᑦ ᖃᕆᖏᓂ ᐊᓴᐊᓂ ᑎᒍᒥᐊᖅᑕᐅᓄᓂ ᓂᐅᖏᖏᒍᑦ ᐅᑭᑕΔᓕᓂᓂᐊᖅᒪᑦ ᖃᓴᓴᐊᖅᓴᒃ Δᒪᓄᐃᓇᖅᓄᑦ ᑎᒍᒥᐊᖅᓄᒍ Δᒪᓄᐊ ᑐᓂᐊᐅᓂᓄᒍ.

ᐊᐅᓕᓂᖏᑦᑭ: ᓴᐅᓂᑦ ᓂᕆᐃᖅᓄᓂ ᑎᒍᒥᐊᖅᑕᒥᓂ ᓴᐅᓂᖅᒥᓂ ᐃᓕᓴᓄᓂ ᐃᓕᓴᑦᒪᑦ ᐊᒪᓂᓂ ᐊᒃᑐᓄᐊᖅᑕΔᓕᓄᒍ.

ᐄᓕᙱᐅᑎᑦ: ᑎᒍᒥᐊᖅᑭᐧ ᑲᑕΔᓴᐅᐅᓕᑦ ᐅᓪᓕᓐᓂᖅᓂ ᓇᑎᖅᒪᑦ ᐊᒪᓂᖏᑦ ᐊᒃᑐᓄᐊᖅᑕ ᐅᒃᑐᑎᑐΔᓇᐅᓇᔭᖅᑐᖅ.

Side Reach

ᓴᓂᒧᑦ ᐃᓴᒍᓂᖅ

4. SIDE REACH

Equipment: Small block of wood.

Stance and Start: Stand on a set line with feet together. Side of left foot is also placed on a side marker. Using right arm, grab block of wood and put left hand behind back.

Movement: Right hand with block of wood goes behind the knees and placed as far on the left side parallel to the toes as possible. Distance is measured and next competitor tries to better it.

Judging and Scoring: Three attempts each try. If block of wood is dropped, it counts as a try. Block must be placed parallel to toes on line.

4. ᓴᓂᒧᑦ ᐃᓱᒪᒍᓂᖅ

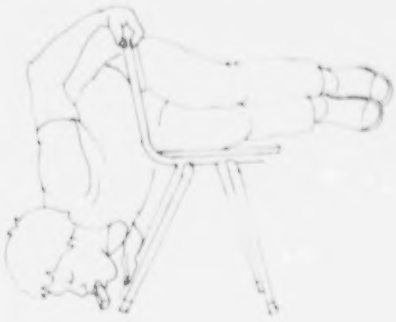
ᐊᑐᒪᕆᑦ: ᖃᓄᐊᖅᑐᑦ ᑭᓯᓇᓐᓄᑦ ᑎᓄᒃᓗᒍ.

ᐱᓕᐊᖅᐱᒃ: ᑎᑎᕐᕕᒪᔪᑦ ᓇᓯᓂ ᓇᖅᑎᓪᓗᑎᑦ ᐃᑎᒪᑎᑦ ᑲᑎᒪᓗᑦ ᐊᑐᒪ ᐃᑎᒪᐃ ᓴᓂᐊᓂ ᑎᑎᕐᕕᒪᔪᓐᓇᖅᑐᓂ ᑕᓂ ᑕᓂᕐᐱᒃ ᐊᖅᑐᕐᓗᒍ ᓴᐅᒥᖅᓯᑦ ᑐᓄᓪᓗ ᖃᓄᐊᖅᑐᑦ ᑎᒍᓗᒍ.

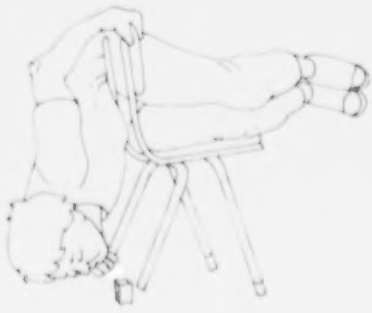
ᐊᐅᓚᓂᑦ: ᖃᓄᐊᖅᑐᑦ ᑎᒍᓗᒍ ᐊᒪᒃᐱᑦ ᑐᓄᓚᐅᖅᓗᒍ ᐅᔾᔨᕐᐱᑦ ᓇᓯᓂᑦ ᖃᓄᐊᖅᑐᑦ ᓴᓂᒧᑦᑐᒃᓴᐊᖅᑐᓂᒃ ᐊᓂᒥᓂᑦᑕᕐᓗᒍ.

ᐅᖅᑐᕐᕕᐅᑎ: ᐱᖓᓱᐃᓕᓴᓂᓂ ᐱᒋᐊᕈᓐᓇᓕᖅᑐᑦ ᐅᖓᓱᓚᐅᑦ ᐊᓂᒥᓂᑦᑕᕐᓗᒍ ᓴᓂᐊᓂᑦ.

Chair Twist Mouth Reach



Placing Block



Block Placed

Return to Position

5. CHAIR TWIST MOUTH REACH

Equipment: Chair, small block of wood

Stance and Start: Sitting in chair sideways, place one hand on leg of chair behind you and the other hand on the corner of chair. Feet must be together at all times and the body must remain in chair.

Movement: Place block of wood in mouth and reach forward to place block on floor near the farthest leg (back) of chair from head. (See diagram.) Twist upper body around chair to grab wood with mouth and return to starting position. Next competitor tries to place wood farther.

Judging and Scoring: Three tries each time. Body must not touch floor. A dropped block counts as a try.

Arm Pull

ᑕᓂᖅᓗᒃ ᓄᒃᑐᑎᓂᖅ

1. ARM PULL

Equipment: None

Stance and Start: In pairs, competitors face each other sitting on floor. One leg is bent and the other is straight. Competitors lock legs and hook right arms at the elbow. The other hand is holding ankle of opponent's bent leg. See diagram. Take watches off.

Movement: On signal, opponents pull slowly and steadily at the elbow. The object is to try to pull other opponent over or until opponent's hand touches chest of winner.

Judging and Scoring: If hand touches floor, slips off opponent's ankle, or if opponent turns sideways to touch floor, start over. Best out of three attempts.

1. ᑕᓂᖅᓗᒃ ᓄᒃᑐᑎᓂᖅ

ᐊᑐᓚᓴᒃ: ᐱᑕᖅᓴᐊᖅᑲᖅᑎᑐᖅ

ᐱᓕᐊᑭᒥ: ᒪᖅᔨᓗᒥ ᓴᓪᓕᖅᖢᑕᐅᑎᓐᓄᓕᐊᖅᑐᑦ ᓄᑎᖅᓗ ᓴᖅᓴᐸᑎᓗᒥ ᐃᖅᓯᐅᓗᒥ ᓂᐅᖅᖢ ᐊᑕᐅᓕᖅᖢ ᐃᓗᖅᓴᓂᓂ ᐱᖅᑦ ᑐᑭᖅᓴᓗᒍ ᐱᔪᐊᐊᖅᑐᑦ ᓂᐅᖅᓂ ᐱᓐᓄᐃᑭᑎᓗᒥ ᑕᓂᖅᓂᒃ ᐃᓕᓴᖅᑎᑎᒥᑦ ᑎᑎᖅᐅᓴᖅᓴᓕᕐᓂᖅ ᑕᑯᓗᒍ. ᑕᓂᐊᑕ ᐃᒻᓂᐊ ᓕᓐᑯᐊᓂᓗᓂᑦ ᓴᐅᐅᓕᖅᐅᑎ ᑕᓂᐊᖅ ᐊᑐᖅᓗᒍ.

ᐊᐅᓪᓴᖅᓂᑦ: ᐱᐊᓪᐃᓂᓗᒍ ᓄᑦᓕᖅᐸᒃᓂᐊᓗᒍ, ᐱᒻᓕᑐᒃ ᓄᓕᐅᑎᓐᓄᓕᐊᖅᑐᓂᒃ ᑕᐃᒪᓐᓇ ᐱᓴᐅᑎᒥᓂᖅ ᑕᓂᐊᓂ ᑎᒥᒥ ᓄᑦ ᓄᓕᖅᔪᓴᖅ ᓴᓪᓕᖅᖢᑕᐅᓂᖅᓗᒍ.

ᐊᔪᖅᓂᖅᓂᑦ ᖃᐅᔨᓴᖅᑕᐅᓂᖅᓂᑦ: ᐊᒻᒪᓕᖅ ᐊᑕᐅᓕᖅᑐᑦ ᓇᑎᖅᑦᑐᓂᒃ ᓕᓐᑯᐊᓂᒃᑕᑦ ᓕᓐᑯᐊᓂᒃᑐᓂᒃ ᓕᓐᑯᐊᓂᖅᓂᒃᑎᓂᒃ ᐅᑉᐊᓂᒃ ᐊᑐᖅᓂᒃᑐᓂᒃ ᓴᓪᓕᖅᖢᑕᐅᓂᖅᓗᒍ ᐊᖅᑭᐊᓂᒃᑐᓂᒃ (ᐱᓗᐊᖅᓂᖅᓴᖅᑐᑦ ᓴᓪᓕᖅᓴᓂᖅ).

Wrist Pull

ᐊᒪᐅᑎᒥᔪᑦ ᓄᓪᑐᓱᐊᕐᓂᖅ

2. WRIST PULL

Equipment: None

Stance and Start: Same as for Arm Pull but wrist is locked instead of elbows.

Movement: With slow, steady pull, try to pull opponent's wrist to chest.

Judging and Scoring: Same as for Arm Pull.

2. ᐊᓚᐅᑎᒥᔪᑦ ᓄᓪᑐᓱᐊᕐᓂᖅ

ᐊᑐᒪᓴᓪ: ᐱᑕᖅᓱᐊᕐᑲᖅᑎᑐᑦ

ᐱᑎᐊᑭᑎ: ᑕᓚᖅᓗ ᓄᓪᑐᓱᐊᕐᑐᑐ ᐱᖅᐅᓕᕐᑐᒪᓗᐊᕐᓂ ᑭᓱᐊᓂ ᐊᒪᐅᑎᖅᑎᓕᕐᒥᔪᑦ ᐱᓇᐅᔭᖅᓗᓂ ᐃᑯᓱᐅᑲᖅᑕᑐᑦ.

ᐊᐅᓚᓕᖅᓂᒃ: ᐱᐊᑕᐃᓕᖅᓗᓂ ᐱᔪᓱᐊᖅᑎᒥᖅᐳᐃᓪᓕ ᓴᓂᒧᑦᑎᒋᐊᖅᓗᒍ ᐅᓪᓕᓕᒃᑐᓂ ᐊᒪᐅᑎᒃᓗ ᓴᓇᖅᑐᓂ.

ᓴᓇᓕᖅᑎᖅ: ᐱᖃᓕᖅᑐᓪᓗᓂ ᓄᓪᑐᓱᐊᕐᓂᖅ,
ᐊᑎᓯᖅᓂᖅᓴᓗᓂᒃ.

Finger Pull

ᖃᑎᖅᑲᓐᓂᖅ

3. FINGER PULL

Equipment: None

Stance and Start: Competitors sit facing each other in pairs. One leg is bent and the other straight out, competitors lock legs. Same position as Arm Pull. Using both right hands or both left hands, competitors hook the middle fingers.

Movement: On a signal, competitors pull slowly and steadily until the arm is fully extended or until a competitor gives up. Switch hands.

Judging and Scoring: Three tries with each hand.

3. ᖃᑎᖅᑲᓐᓂᖅ

ᐊᑐᖅᑕᐅᔭᕆᓚᐊᓕᓪᓕ ᐱᖅᓯᑎᓪ: ᐱᑕᖅᑲᓚᐊᖅᑲᒥᑐᖅ

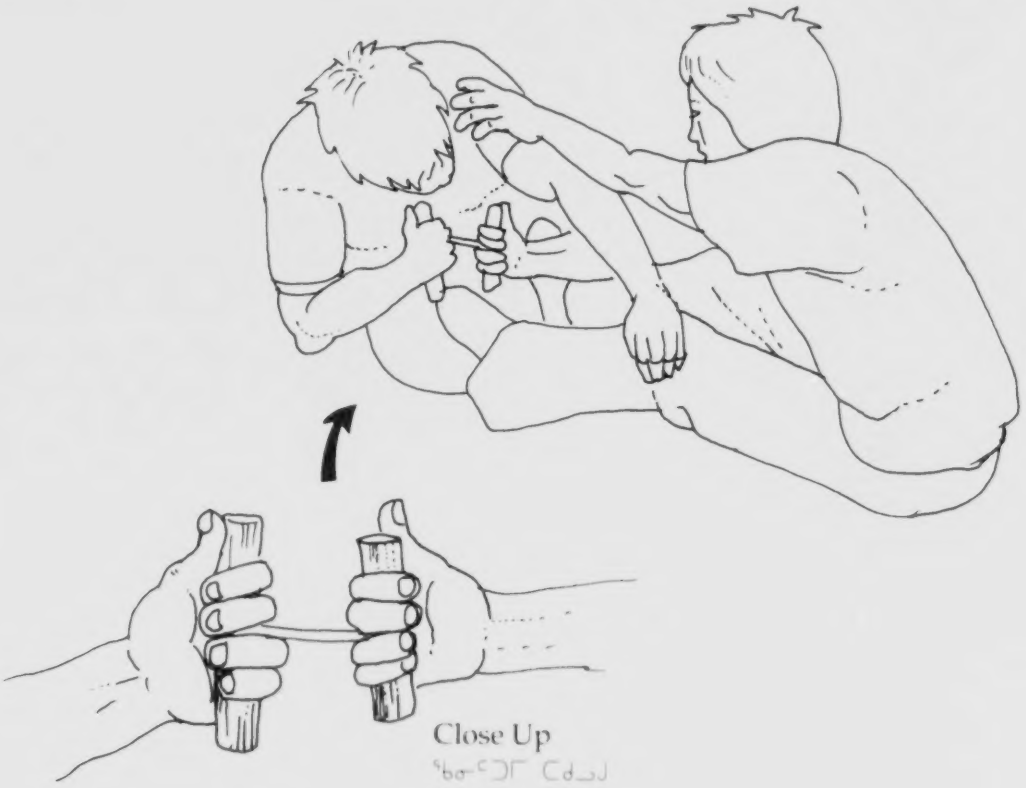
ᐱᒃᒍᕆᐅᔪᐊᓚᐊᐃᓕ: ᐱᒍᕆᐅᔪᐊᑐᑦ ᒪᓂᒪᓪᓕᑦ ᖃᖅᓯᓪᓗᓂᒃ ᐊᒪᓪ ᐃᖅᓯᓴᓗᓂᒃ. ᓂᐅᖅᓯᒪᑕ ᐃᒃᓪᐊ ᐃᖅᑲᖅᓯᓪᒍ ᐃᒃᓪᐊ ᐃᓯᐃᖅᓯᓪᒍ, ᓂᐅᖅᓂᑦ ᐋᓪᓚᐃᖅᓯᒪᓪᓂᑦ, ᐃᒪᓐᓇ ᐊᐅᓪᓚᔪᓪᓗᐃᓪᓕ. ᑕᓪᓕᐱᑦᔪᑦ ᓇᑦᑐᔪᐊᖅᑐᑦ ᓇᓯᒍᓇᓯᐊᖅᓗᓂᒃ. ᑕᓪᓕᐱᒥ ᓇᑦ ᐅᔾᓴᓐᓂᑦ ᓴᐅᒥᖅᓇᓂᓪᓕ ᓂᐅᑭᖅᓯᓪᓕᑦ ᖃᑎᖅᑲᓐᓂᖅᓯᓇᖅᑐᒍ. ᖃᑎᖅᑲᓐᓂᖅᑐᒍᑦ ᖃᑎᖅᑲᓐᓂᖅᓂᖅ ᐸᖅᓴᐃᐸᑎᓪᓂᒃ.

ᐊᐅᓚᓂᖅᓂᑦ: ᐱᒋᐊᖅᑯᐅᓪᓚᑎᒃ ᖃᑎᖅᑲᓐᓚᕆᐊᖅᑐᑦ ᓇᑦᑐᔪᐊᓚᖅᓴᓪᓗᓂᒃ ᐱᐊᑕᐃᓴᓴᓪᓗᓂᒃ ᐊᒪᓪᓚ ᐱᓕᕆᓂᖅᑐᑦ, ᐃᓚᖓᓴᑐᖅᓴᑐᖅᑲᒃ ᐱᖅᑲᖅᓂᖅᓚᕆᑕ ᑕᓪᓕᖅᓴ ᐃᕆᐊᐃᑦᐸᑦ ᐅᐸᔾᔨᓂᑦ ᓴᐱᑎᖅᑲᓐᓂᖅᑐᑦ.

ᐃᓚᖓᓴᓂᖅᓂᑦ: ᐱᖅᓴᓕᔪᐃᑦᓗᓂᒃ ᖃᑎᖅᑲᓐᓂᖅᑐᖅᓯᓇᖅᑐᒍ ᐃᒪᓗᓂᒃᔪᒍ, ᓂᐅᑭᖅᓯᓪᓕᑦ ᖃᑎᖅᑲᓐᓂᖅᓂᖅ.

Hand Pull

ᐊᖅᑲᓱᖅᓂᖅ



4. HAND PULL

Equipment: Two small pieces of antler about 4 inches long with small holes drilled in the middle. A thong is threaded through the holes and measures about 3 inches long.

Stance and Start: Same as for Finger Pull position except competitors grab the hand-pull antlers instead of hooking fingers.

Movement: On signal, competitors pull slowly and steadily until the arm is fully extended, the opponent gives up or is pulled off balance. Switch hands.

Judging and Scoring: Best out of three tries for each hand.

4. ᐊᖅᑲᓱᖅᓂᖅ

ᐱᔪᓕᐅᔪᐊᑭᑎ: ᓇᒃᔪᐅᐱᓂᖅᓂᒃ, ᐃᓕᒪᖅᑲᒃ 4" ᑕᑭᑎᓗᑦ ᖁᑎᐊᔪᑦ ᐊᖅᓪᓚᔪᖅᑲᓗᑦ. ᐊᖅᓪᓚᔪᖅᑭᑎᔪᑦ ᐊᓕᒥ ᓄᕕᓱᓕᒪᓗ ᓇᔪᖅ ᑕᑭᓂᖅᓯᒃᑕ ᐊᕐᓗᓗᐊᑕᖅᓯᓂ.

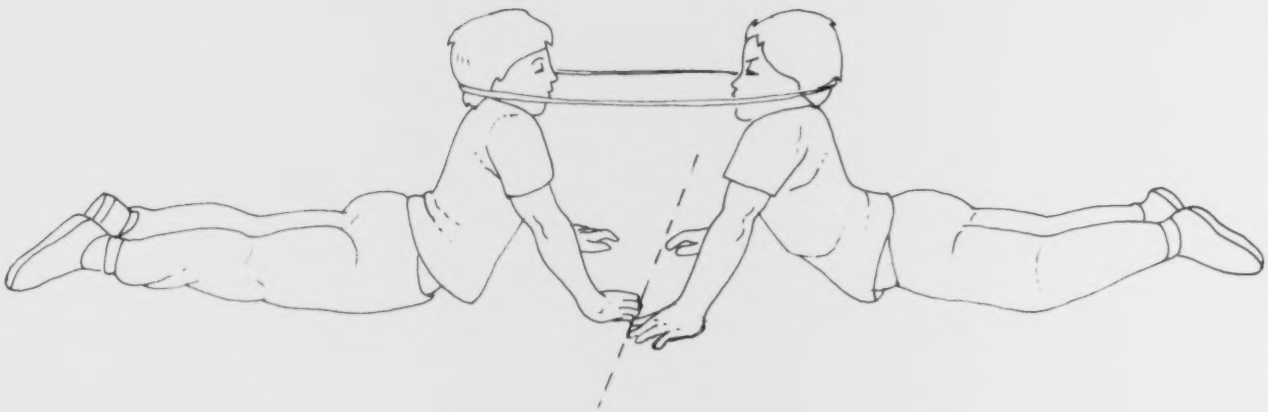
ᐱᒃᔪᓕᐅᔪᐊᓇᐊᖅᓴᒃ: ᖁᑎᖅᑲᓕᑭᑐᑐᑦ ᓄᑦᑐᔪᐊᓇᐊᓐᓕᒥ ᐱᔪᓕᐅᔪᐊᖅᑲᑦ, ᑭᔪᐊᓂᓕ ᐊᖅᑲᓱᔪᖅᓯᖅ ᓄᑦᑐᔪᐊᖅᓗᒃᑎᒃ.

ᐊᐅᓪᓂᖅᓯᑦ: ᐱᒋᐊᖅᑯᐅᓕᑭᒥᒃ, ᐱᔪᓕᐅᔪᐊᖅᑐᑦ ᓄᔪᔭᑎᓇᔪᔪᐊᓂᖅᓗᒃᑎᒃ, ᖃᐅᔪᖅᓗᓕᑎ ᐊᓕᒪᓗ ᐱᑦᑎᐊᔪᓴᖅᓗᒃᑎᒃ, ᐊᖅᑲᓱᖅᐃᓇᖅᓗᒃᑎᒃ ᐱᔪᓕᐅᔪᐊᖅᑐᑦ ᐱᖅᑖᒃ ᓄᔪᖅᑕᐅᒃᐸᑦ ᐅᑦᓭᓕᖅᓂᒃ ᓴᐱᓕᖅᐸᑦ ᐱᖅᑎᖅᖁᓪ. ᓂᑭᑖᑦᓗᓂ ᐊᖅᑲᓱᖅᓂᓕᑎᒃᑎᒃ, ᑕᓕᖅᑕ.

ᐃᓕᓴᖅᓂᖅᓯᑦ: ᐱᖅᓪᓚᔪᐃᑦᓗᓂ ᐃᓕᓴᖅᑲᑕᐅᑎᑎᐊᓗᓂᒃ ᐃᒡᓗᔪᑦᑐᑦ, ᑕᓕᖅᑕ ᐊᑐᑦ ᓄᑦᑐᔪᐊᖅᓗᒃᑎᒃ.

Neck Pull

ᖁᐊᖏᓱᓂᖅᓯᒪᑦ ᓄᑦᑐᓴᐃᓂᖅ



5. NECK PULL

Equipment: Leather thong or belt

Stance and Start: Two competitors lie on floor on stomach facing each other. A line is drawn between two competitors equal distance and competitors' heads are about two feet apart. A leather thong or belt is placed around their heads.

Movement: On a signal, opponents pull with the head bracing their hands out in front and using whole body strength to pull steadily. The object is to pull the opponent over the line.

Judging and Scoring: Best out of three attempts. When the thong or belt slips off head, it counts as a point for opponent. When any part of the body goes over the line, opponent wins. The thong must be above the ears at all times.

5. ᖁᐊᖏᓱᓂᖅᓯᒪ ᓄᑦᑐᓴᐃᓂᖅ

ᐊᑐᒪᔪᑦ: ᑎᓪᓗᒍᖅ ᐊᖅᓯᓇᓴᖅᑕᐅᓪᓚᑦ

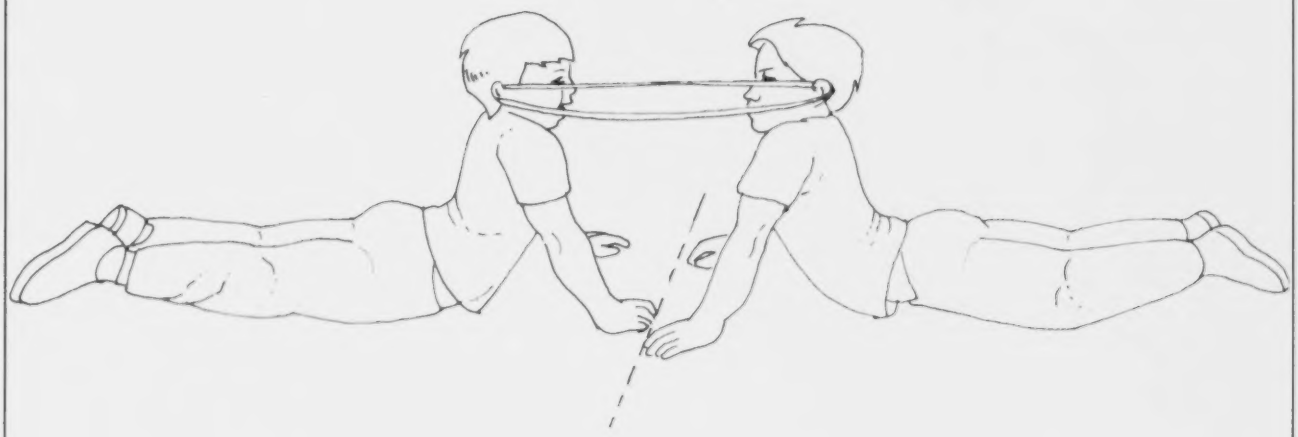
ᐱᒋᐊᕈᑎ: ᖁᑎᐊᔪᑦ ᓇᓗᓇᐃᑯᓕᓵᓚᐅ ᖁᑎᓄᑐᑦ ᐸᒪᓕᒃᑎᒥᓚᒃ ᓇᓗᓇᐃᑯᑕᐅᑦ ᓴᓂᐊᓂ ᓕᓐᓴᐅᓚᑦ ᓇᓗᓇᐃᑯᑦ. ᑎᓪᓗᒃᓴᖅᖃᖅ ᐊᖅᓯᓇᓴᖅᑕᐅᓪᓚᑦ ᖁᑯᓂᖓᓄᑦᓚᐅᑎᒃᓴᓚᐅ ᓇᓗᓇᐃᑯᑦ ᐊᑯᓂᖓᓄᑎᐊᓕᒫᓚᐅ.

ᐊᐅᓪᓴᖅᓂᖅ: ᐱᒋᐊᖅᑯᓴᐅᓕᕆᑎᓄᑦ ᐱᒃᒍᔪᐊᖅᑐᑦ ᑐᓄᔪᐊᑎᓚᐅ.

ᐃᓪᓕᖓᐅᑎᑦ: ᐱᖓᓱᓕᐃᖅᑐᓚᐅ ᐱᒃᒍᑐᓚᐅ ᐊᑎᓕᕆᓂᖅᓴᓂ ᓄᑦᑐᔪᐊᕈᑕᐅᔪᖅ ᓱᖅᓴᖅᐸᑦ, ᐱᖅᑮ ᐃᓪᓕᒃᖅᓱᓂ.

Ear Pull

ᓱᐅᑎᒥᓂᑦ ᓂᑦᑐᔪᐊᕐᓂᖅ



6. EAR PULL

Equipment: Light thong or string

Stance and Start: Same as for neck pull. A thong or string is placed around the back outer lobe of each competitor's ear. Either ear may be used.

Movement: On a signal, competitors pull steadily. The strongest ear wins.

Judging and Scoring: Best out of three attempts. If thong or string comes off ear, it counts as point for opponent. Some regions have opponents sitting on floor facing each other.

6. ᓱᐅᑎᒥᓂᑦ ᓂᑐᔪᐊᕐᓂᖅ

ᐊᑐᓚᕿᑦ: ᐊᖅᓱᓇᕐᑎᖅ ᓱᓕᓱᐊᕐᒥᓱᑦ.

ᐱᒋᐊᕐᕕᖅ: ᐱᒻᒧᔪᐊᕐᓂᐊᕐᑐᖅ ᓇᑎᕐᒥ ᐸᓴᒪᖏᓱᑎᖅ ᐅᖏᓪᓗᒋᓱᐊᕐᑕᐃᓕᓱᑎᖅ ᐊᖅᓱᓇᕐᖅ ᓱᐅᑎᖏᒥᓂᑦ ᓇᖅᑎᑎᒧᑦ. ᓂᑐᔪᐊᕐᕕᐸᒋᓂᐊᕐᑕᖏᓚ ᓇᓱᓇᐃᑯᓴᒧᑐᒍ ᑎᑎᕐᓴᕐᒪᓴᖅ ᕿᑭᑎᐊᓂᕐᓴᕐᒪᑐᐊᕐᓱᒍ ᐱᒻᒧᔪᐊᕐᑐᖅ ᐊᑯᓂᖏᓪᓗ.

ᐊᐅᓚᓴᒋᐊᓂᖏᑦ: ᐱᒋᐊᕐᑯᐅᓕᓂᑭᑎᖅ ᓂᓴᒋᐊᕐᓱᑎᖅ ᐱᒍᓂᖏᓪᓗᖅ ᐃᓚᖏᓴᓱᖅ ᓱᓂᓱᐊᕐᓱᑎᖅ.

ᖃᐅᔨᓴᐅᑎᓂᑦ: ᐱᖏᓱᐃᕐᓱᓂ ᐱᒍᓂᖏᓪᓗᓇᓴᐊᕐᓱᓂ ᐊᖅᓱᓇᕐᑎᖅ ᓴᓇᓂᖏᓪᓗ ᐊᑐᖅᓱᓇᕐᑎᖅ ᓴᖅᑭᑦᑐᖅ ᐊᑐᖏᓕᑐᖅᓴᖅ.

Foot Pull

ᐃᑎᒐᖏᒧᑦ ᓄᑦᑐᓱᐊᕐᓂᖅ

7. FOOT PULL

Equipment: Leather thong or belt

Stance and Start: Competitors sit on floor with line between them equally. One leg is thrust straight out in front and the other leg is bent at the knee. Either leg may be used. A belt or thong is placed around the upturned feet about 2-3 feet apart.

Movement: On a signal, opponents pull back with foot using full body strength and arms. Opponent who pulls competitor over the line or causes the thong to come off foot wins.

Judging and Scoring: Best out of three attempts.

7. ᐃᑎᒐᖏᒧ ᓄᑐᓱᐊᕐᓂᖅ

ᐊᑐᒐᕐᑕ: ᑎᓪᓗᒍᖅ ᐅᓯᓴᓗᓂᒃᑕ ᖃᓄᖅᑐᓂᒃ ᖃᓄᖅ.

ᐊᐅᓪᓚᐊᕐᔪᐃᒃ: ᐱᔪᓱᐊᕐᓂᐊᕐᑐᑎᒃ ᓇᑎᖅᑎ ᐃᒃᓱᓴᓗᑎᒃ ᓇᓗᓇᐃᓄᐅᑦ ᓇᓴᓂ ᓴᖅᒪᔭᑎᓗᑎᒃ. ᓂᐅᖏᒪ ᐊᑕᐅᓱᖅ ᐃᓱᕈᓱᒪᓗᔪᒍ ᐱᕐᒃᑕ ᓂᐅᖏᒪᓗᔪᒍ ᐃᑎᒐᖏᒪ ᓇᓕᐊᑎ ᐊᐅᖅ ᐊᒪᖏᑦ ᐃᒃᓴᓂᐊᕐᒪᑕ ᓴᓂᐊᓂᑐᓇᕐᓂᑎᒃ ᓄᑐᓱᐊᕐᔪᑦᓯᑎᒃ ᑎᓪᓗᒍᖅ ᖃᓄᖅᑐᓂᒃᑯᓯᓂᖅ ᐃᑎᒐᖏᒪᓄᑦ ᑎᒍᓕᐊᕐᒪᔪᑦ ᓇᓗᓇᐃᓄᐅᑦ ᓇᓗᓇᐃᓄᐅᑦᑎᓗᒍ ᓇᓕᓂᓕᒫᑦ.

ᐊᐅᓕᓂᖏᑦ: ᓂᐅᑦ ᑕᓕᕆᓕ ᓴᖏᓂᖏᑦ ᐊᑐᕐᓕᑦ ᐱᕐᒃᑕ ᓄᑦᑎᓴᐊᕐᓕᒍ ᐅᖏᓪᑕᒍᓐᓇᖅᑐᑦ ᐃᓕᓴᕐᓂᐊᕐᓕᒍ ᐅᖏᓪᑕᒍᓐᓇᖅᑐᑦ ᐃᓕᓴᕐᓂᐊᕐᓕᒍ.

ᖃᐅᔨᓴᐃᑎᓂᑦ: ᐱᖏᓪᓗᐃᕐᓕᓂ ᐅᑉᑐᑭᓯᖏᓐᓄᑦ ᓴᖏᓪᓗᐃᕐᓕᒍ ᐱᕐᒃᑕ ᓄᑦᑎᓴᐊᕐᓕᒍ ᓴᓂᐊᓂᑐᓇᕐᓂᑎᒃ ᐃᓕᓴᕐᓂᐊᕐᓕᒍ ᐅᖏᓪᑕᒍᓐᓇᖅᑐᑦ ᐅᖏᓪᑕᒍᓐᓇᖅᑐᑦ ᐃᓕᓴᕐᓂᐊᕐᓕᒍ.

Mouth Pull

ᖃᑲᓂᕐᒧᑦ ᓄᑦᑐᓕᕆᔨᖃᑦᓂᖅ

Start
ᐱᒋᐊᖃᑦᓂᖅ

Action
ᐃᒪᓐᓇ ᐱᖁᐅᓪᓚᑐᑦ

8. MOUTH PULL

Equipment: None

Stance and Start: Both competitors stand side by side on set line. Inside feet are meeting. Each competitor grabs mouth of opponent with inside hand by going around the neck and grabbing outside corner of opponent's mouth with middle finger.

Movement: On a signal, competitors try to pull opponent to their side of the line. Strongest mouth wins.

Judging and Scoring: Wash hands before competition. Best out of three tries.

8. ᖃᑲᓂᕐᒧᑦ ᓄᑦᑐᓕᕆᔨᖃᑦᓂᖅ

ᐊᑐᒪᓱᑦ: ᐱᑕᖃᖏᑎᑐᑦ.

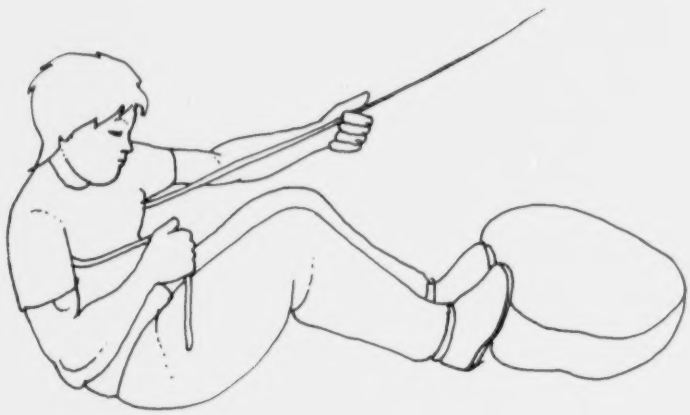
ᐱᒋᐊᖃᐅᕕᒃ: ᐱᓕᒍᓴᐊᖃᑦᑐᑦ ᓴᓂᓕᓐᓂᓗᓂᒃ ᐃᑎᒪᖏᓕᓄ ᓴᓂᓕᓐᓂᓗᓂᒃ ᐱᒍᓴᐊᖃᑦᑐᒃ ᖃᑲᓂᒥᓂᒃ ᑎᒍᓴᑎᓂᓗᓂᒃ ᐱᖃᑎᓂ ᖃᐅᖏᓐᓄᑦᑕ ᓇᓕᒍᑦ ᐃᑭᓗᒍ ᖃᑲᓂᖏᓪ ᑎᒍᒍ ᑭᑎᖃᖅᓯᖃᑦᑎᓗᒃ ᓄᑦᑎᓂᐅᔪᓂᒃ.

ᐊᑐᓪᓚᖏᑦ: ᐱᒋᐊᖃᐅᔨᑕᕐᓂᑎᒃ ᐱᖃᑎᒥᓂᒃ ᓴᓂᓗᑦ ᓄᑦᑐᓕᕆᔨᖃᑦᓂᖅ ᐱᓕᒪᓂᕐᒥᔪᓂᒃ ᓴᓂᓕᓐᓂᓗᓂᒃ.

ᖃᐅᔨᓴᖏᑦ: ᐊᑐᓂ ᐃᖅᑲᓐᓂᑦ ᐱᓕᒍᓴᐊᖃᓚᐅᖅᑎᑦᓇᓕᑦ.

Walrus Pull

ᐊᐃᐱᖏᔪᔭᕐᓂᖅ ᓄᓕᕆᓂᐊᖅᓯᓂ



9. WALRUS PULL

Equipment: Long, heavy rope, obstacle to brace against

Stance and Start: One person wraps the rope around the back and under the arm. This person is the 'walrus'. He braces himself behind an obstacle that is firm while one or more people try to pull the 'walrus'.

Movement: One person tries to pull the walrus over the object. If he is not successful, another person joins him to pull the walrus. Another person is added until the walrus is moved. Winner is declared by the number of people he can hold.

Judging and Scoring: Gloves can be used by competitors. Three attempts per person are given to move the 'walrus'.

9. ᐊᐃᐱᖏᔪᔭᕐᓂᖅ ᓄᓕᕆᓂᐊᖅᓯᓂ

ᐊᑐᓚᕐᓇᑦ: ᐊᖅᓯᓇᓐᓂᒃ ᓯᓚᖅᑐᑎᖅ

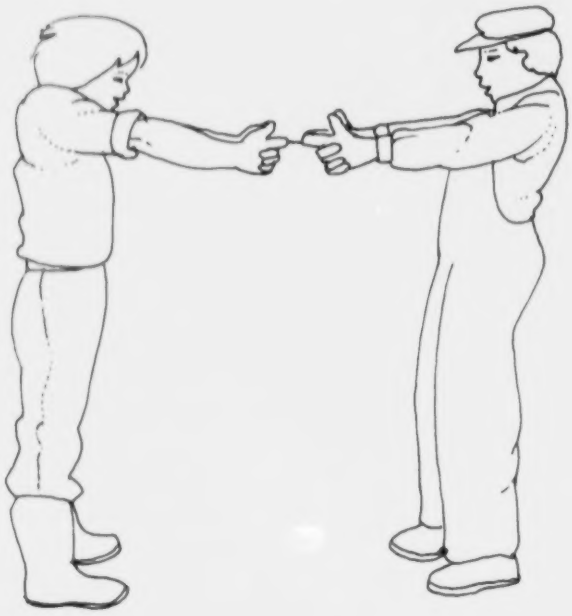
ᐱᓕᐊᖏᐱᖅ: ᐊᖅᓯᓇᓐᓄᖅ ᑕᓚᖏᓪᓕ ᐊᑎᔪᑦ ᑐᓄᓇᐊᔪᓯᓗ ᐃᓚᓯᔪᒍ ᑎᒥᓇ ᐊᖅᓯᓇᓐᓂᑦ ᓂᒥᖏᓕᕐᓂᖅ ᐊᐃᐱᖏᔪᔭᕐᓄᑦ ᐅᔭᖏᑦ ᓯᓇᒥᐊᖏᑦ ᓴᓐᓂᓕᐃᑦ ᓯᓇᖅᑕᐅᓇᓚᖏᓂᐊᖏᑦ.

ᐊᐅᓚᓗᐊᖏᖏᑦ: ᐃᓄᖏᒻᒪᑦ ᐊᑕᐅᓯᖏᒻᒪᑦ ᓄᓕᕆᑕᐅᓯᐊᖏᓂᐊᓗ ᐅᔭᕆᖅ ᐱᓗᐊᖏᓂᐊᓗ ᐊᑕᐅᓯᖏᒻᒪᑦ ᒪᑭᖏᓄᓐ ᐃᓚᓯᐊᖏᑦ ᓄᓕᕆᑕᐅᓂᖅ ᐊᓯᖏᑦ ᓄᓕᕆᓇᓕᕆᔨᖅ ᐃᓚᓯᐊᖏᒻᒪᑦ ᓄᑦᓯᕆᑕᐅᓇᓴᔨᖅ ᓇᓗᓇᐃᑯᓯᑕᐅᓗᓂ ᒪᖏᔪᓂᒃ ᐱᖏᓯᓂᒡᓗᒃᑐᑦ ᐃᓄᐃᑦ ᒪᓕᒡᓗᒍ.

ᖃᐅᔨᕆᐊᖏᔪᑦ: ᐃᓄᖏᒻᒪᑦ ᐊᑕᐅᓯᖏᒻᒪᑦ ᓄᓕᕆᑕᐅᓯᐊᖏᓂᐊᓗ ᐅᔭᕆᖅ ᐱᓇᐊᖏᓂᐊᓗ ᐊᑕᐅᓯᖏᒻᒪᑦ ᒪᑭᖏᓄᓐ ᐅᔭᕆᖅ ᐊᓯᖏᑦ ᓄᓕᕆᑕᐅᓂᖅ ᐊᓯᖏᑦ ᓄᓕᕆᓇᓕᕆᔨᖅ ᐃᓚᓯᐊᖏᒻᒪᑦ ᓄᑦᓯᕆᑕᐅᓇᓴᔨᖅ ᓇᓗᓇᐃᑯᓯᑕᐅᓗᓂ ᒪᖏᔪᓂᒃ ᐱᖏᓯᓂᒡᓗᒃᑐᑦ ᐃᓄᐃᑦ ᒪᓕᒡᓗᒍ.

ᖃᐅᔨᓴᓕᐊᑐᒥᑦ: ᐊᖏᓚᖅᓯᒪᓂᓗ ᓄᓕᕆᐊᑭᓇᓴᖅᑐᑦ ᐱᖏᓚᖅᓯᐊᖏᓂᐊᓗ ᐅᔭᕆᖅ ᐃᓄᖏᒻᒪᑦ ᐊᑕᐅᓯᖏᒻᒪᑦ ᓄᓕᕆᑕᐅᓯᐊᖏᓂᐊᓗ ᐅᔭᕆᖅ ᐊᓯᖏᑦ ᓄᓕᕆᓇᓕᕆᔨᖅ ᐃᓚᓯᐊᖏᒻᒪᑦ ᓄᑦᓯᕆᑕᐅᓇᓴᔨᖅ ᓇᓗᓇᐃᑯᓯᑕᐅᓗᓂ ᒪᖏᔪᓂᒃ ᐱᖏᓯᓂᒡᓗᒃᑐᑦ ᐃᓄᐃᑦ ᒪᓕᒡᓗᒍ.

Match Stick Pull



10. MATCH STICK PULL

Equipment: Match stick

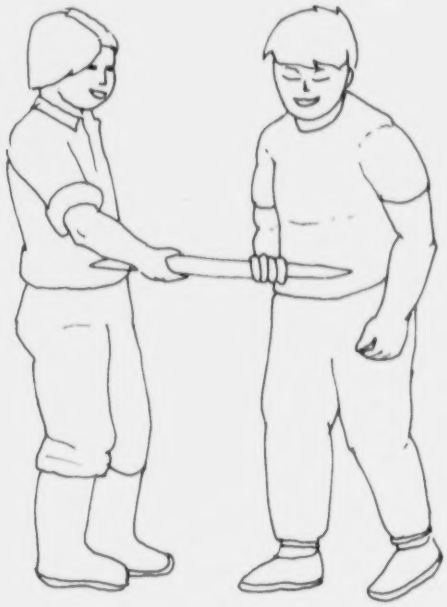
Stance and Start: Competitors stand facing each other within arms reach. Each player clasps his hands together with index (pointing) fingers out. Players hold the same match stick between their index fingers.

Movement: Each player pulls match stick without bending index fingers.

Judging and Scoring: Three chances are given to pull the match stick out of the opponent's hand. Best out of three.

Indian Stick Pull

ᐊᓪᓚᑎᑐᑦ ᖃᓄᐊᖅᓯᒪᒥ ᓄᑦᑐᓄᐊᖅᓂᖅ



11. INDIAN STICK PULL

Equipment: Tapered stick about 8 inches long

Stance and Start: Both competitors face each other with feet at a comfortable distance. Standing within arms reach, competitors grab the same stick at the ends.

Movement: Opponents pull straight back on the stick and attempt to take the stick out of the opponent's hand.

Judging and Scoring: Best out of three attempts.

11. ᐊᓚᑎᑐᑦ ᖃᓄᐊᖅᓯᒪᒥ ᓄᑦᑐᓄᐊᖅᓂᖅ

ᐊᑐᒃᖠᑦ: ᖃᓄᐊᖅᓯᒪᔪᖅ 8ᐃᓐᓴ ᑕᑎᑎᓴᖅ

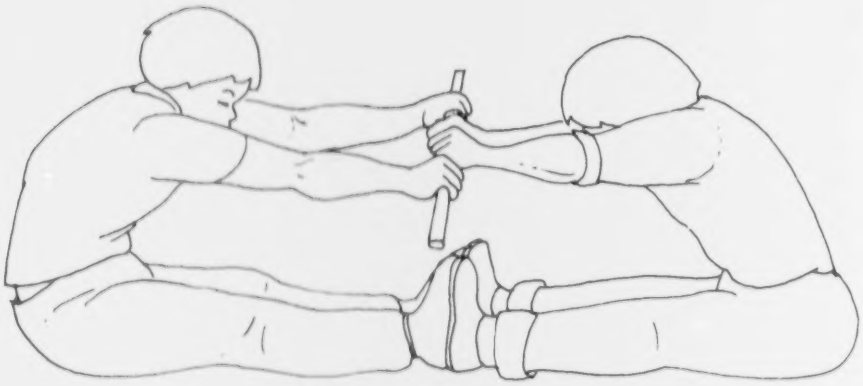
ᐱᒋᐊᕐᑦ: ᐱᔪᓄᐊᖅᑐᑦ ᓴᖅᓱᓄᑲᑎᒃ ᖃᓄᐊᖅᓯᒪᔪᖅ ᑐᐊᒃᓚᓪᓕᖅᓯᓴᖅ ᐃᓗᖅᑕᑎᑦ ᑎᒍᑲᔪ ᐱᔪᓄᐊᖅᑐᑦ ᐃᓄᓐᓇᑎᐊᖅᓯᑲᑎᒃ ᓇᖅᑎᓴᖅᑲᑎᒃ ᖃᓄᐊᖅᓯᒪᔪᖅ ᑕᓚᖅᐱᖅᓯᒪᑦ ᑎᒍᒋᐊᖅᑲᔪ.

ᐊᐅᓚᒋᐊᓂᖅᓱᒃ: ᑐᑭᓯᑦ ᖃᓄᐊᖅᓯᒪᔪᖅ ᓄᓗᒋᐊᖅᑲᔪ.

ᐊᓱᖅᒋᓚᖅᓂ: ᐊᒥᓗᔪᐃᖅᑕᖅᓂᕐᔪᐊᖅᓯᖅ ᓴᓚᐅᖅᑐᓴᖅᑲᓂ ᐱᖅᓯᐊᖅᐃᖅᑲᓂ ᐃᓗᖅᑕᑎᑦ ᐊᔪᓄᐊᖅᑐᑦ.

Stick Pull

ᖃᑭᓪᓕᕆᔨᒪᑉ ᓄᑐᓕᕆᓪᓚᖅ



12. STICK PULL

Equipment: Broom handle

Stance and Start: In pairs, competitors sit on floor facing each other with legs straight out in straddle position. Feet match up. Competitors grab the same broom handle so that one man has the outside grip and the other has the inside grip. Knuckles must always be facing up.

Movement: Using arm and leg strength, try to pull opponent over on side.

Judging and Scoring: Best of three tries. Flip a coin for first position of hands then alternate grip for next try.

12. ᖃᑭᓪᓕᕆᔨᒪᑉ ᓄᑐᓕᕆᓪᓚᖅ

ᐊᑐᒪᖏᑦ: ᓴᓂᐅᑎ ᐃᐳᖅᓴᓂᐅᓪ

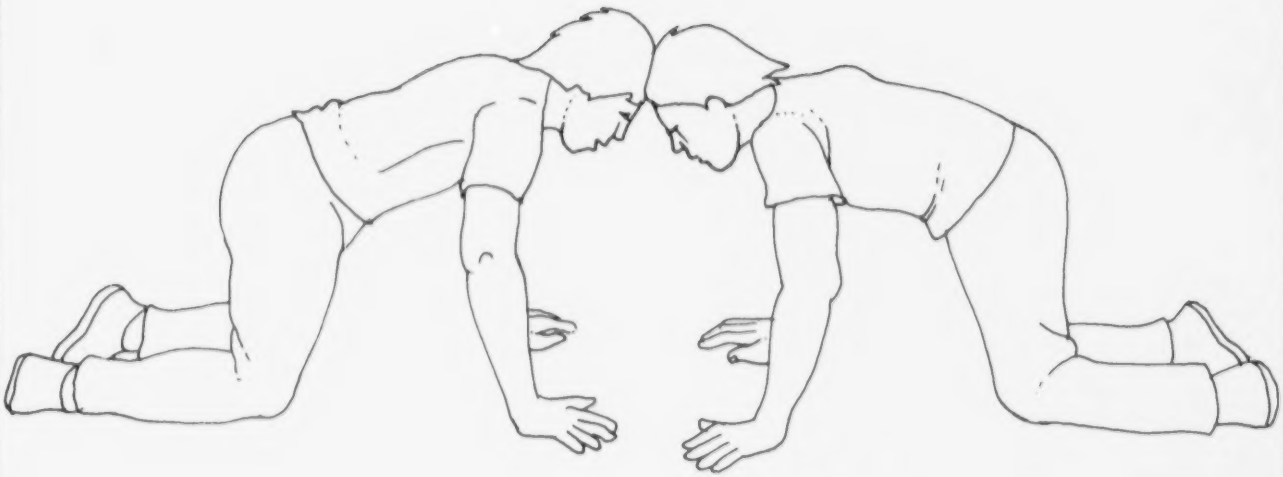
ᐊᐅᓪᓗᐊᓪᕿᐅᖅ: ᐱᒍᓕᐊᓪᑐᑦ ᓇᑎᓪᒥ ᐃᖅᓕᓴᓗᑎᒃ ᓂᐅᖅᑎ ᑎᑯᓂᖅᓱᓪᓚᒥ ᐊᒻᒪᓗ ᐃᑎᒪᖅ ᓇᓂᓪᖅᓗᓗᒥ. ᓴᓂᐅᑎ ᐃᐳᐊ ᑎᒍᓗᒍ ᓇᓪᒍᐊᖅ ᖃᖅᖢᓂᓗᑎᒃ ᐊᒪᖅ ᐃᒪᓗᐊᓂᒥ ᐱᓕᖅᑎᓪᓚᑎᒃ.

ᐊᐅᓪᓂᕆᑦ: ᑕᓪᓂ ᓂᐅᐃᓗ ᓴᖅᓂᕆᖅ ᐊᑐᓪᒥ ᐱᓪᖅᑎᓪᓚᑎᒃ ᓄᓪᓕᐊᓪᒥ.

ᖃᐅᔨᓴᐃᑎᑎᑎᒃ: ᐱᖅᓯᓪᐃᓪᓗᓂ ᐊᒥᓪᓂᐊᓪᒥ ᐊᒪᖅ ᓇᓪᐃᓪᓂᐊᓪᓕᖅᖢᖅ ᐊᒪᖅ ᓇᓪᐃᓪᓂᐊᓪᓚᖅᖢᖅ ᒪᑭᑐᓇᓪᓴᓂᑦ ᑭᐳᓪᖅᑕᓪᒥ ᑎᑎᒥᐊᓪᒥ.

Head Push

ᓂᐊᕐᓂᕐᒧᑦ ᐊᓗᐅᕐᓂᖅ



1. HEAD PUSH

Equipment: None

Stance and Start: Competitors kneel on all fours and place foreheads together.

Movement: Using head strength, try to push opponent out of circle drawn around competitors or until the opponent gives up.

Judging and Scoring: The circle measures about 8 feet in diameter. Best out of three attempts.

1. ᓂᐊᕐᓂᕐᒧᑦ ᐊᓗᐅᕐᓂᖅ

ᐊᑐᓚᖓᑦ: ᐱᑕᕐᖅᓭᐊᕐᖅᑎᒃᑐᕐᑐᖅ

ᐱᒋᐊᕐᐱᐅᖅ: ᐱᒍᓴᐊᕐᓂᐊᕐᑐᑦ ᓵᓴᒪᖏᓕᑎᖅ ᕐᖅᐅᖏᑦ ᖃᓴᒍᑎᓕᑎᖅ.

ᐊᐅᓪᒋᐊᕐᓂᖅ: ᓂᐊᕐᓂᔨᐱᑦ ᐱᓴᒍᓂᖏᓐᓇ ᐊᑐᕐᓕᒍ ᐱᓴᒍᕐᑎᑎᕐᐃᑦ ᐊᖏᓕᓕᕐᑐᖅ ᐃᓕᐊᓂ ᐱᓭᐊᕐᓕᒍ ᐅᕐᓯᔪᓐᓂᑦ ᓴᐱᓪᓕᕐᑦ ᓄᕐᖅᓕᓂ.

ᐊᓴᖏᓂᖓᑦ: ᐱᖏᓴᐃᓭᓭᖏᑦᑐᑦ ᐊᓗᐅᕐᓂᖅ 8 ᐊᖏᑎᑎᓕᒍ.

Musk Ox Fight

ᐅᒥᖅᓚᖅᔪᑦᓂᖅ

2. MUSK-OX FIGHT

Equipment: None

Stance and Start: Competitors get on all fours in the middle of a set circle. Place heads under collar bone of opponent so that opponents press shoulder to shoulder. Head is tucked under.

Movement: Using body weight and strength, opponents try to push each other out of the circle or until the other person gives up.

Judging and Scoring: Best out of three attempts. The circle measures about 8 feet in diameter.

2. ᐅᒥᖅᓚᖅᔪᑦᓂᖅ

ᐊᑐᓚᓴᒃ: ᐱᖅᑲᓗᐊᖅᑲᖅᑎᑐᖅ

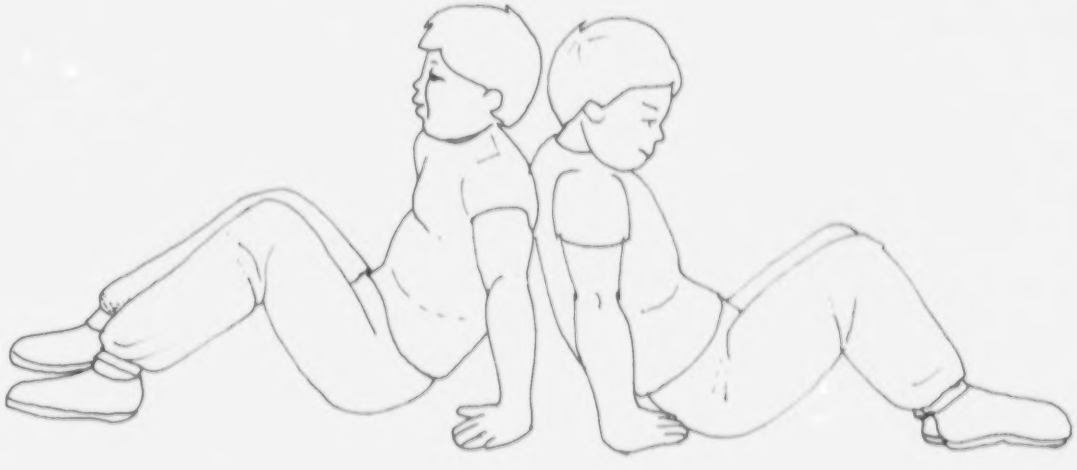
ᐱᒥᐊᖅᐱᒃ: ᐱᔪᓴᐊᖅᑐᑦ ᓴᓪᒪᖅᓚᑎᒃ ᐊᖅᓚᓪᖅᑐᖅ ᐃᓪᓴᐊᓂ ᖁᑎᖅᓚᓂ ᓂᐊᖅᑯᖅᒥ ᐊᓚᖅᓚᓂ ᑐᐃᖅᓄᑦ ᖃᖅᑐᑐᐊᓕᓪᓚᑎ ᓱᖅᓴᓕᑎᓚᑎᒃ.

ᐊᐅᓪᓂᖅᒥᑦ: ᐅᖅᑯᓚᐃᓐᓂᑦ ᐊᑐᓗᐊᖅᓚᔪ ᐱᓱᖅᑲᑎᑦ ᐊᑲᒥᐊᖅᓚᔪ ᐊᖅᓚᓪᖅᑐᒍᓚᖅ.

ᐊᔨᖅᒥᓂᖅᒥ: ᐱᖅᓴᓂᐃᕐᓂᐊᖅᓚᓂ.

Back Push

ᑐᓄᒃᓗᑦ ᐊᖏᐅᕐᒪᓂᖅ



3. BACK PUSH

Equipment: None

Stance and Start: Both opponents sit on floor with backs together. Place right hand on floor between legs and the left hand on the outside of left leg. Knees are bent with feet flat on floor.

Movement: Opponents may be in circle or have two lines at either end. Using leg, arm and body strength, try to push opponent out of circle or over the line.

Judging and Scoring: Losers foot has to go out of circle or over line. Three tries are given with the best out of three. One try with right hand between legs, one with left hand between legs and the third try, if a tie, will be Eastern style with both hands outside legs.

3. ᑐᓄᒃᓗᑦ ᐊᖏᐅᕐᒪᓂᖅ

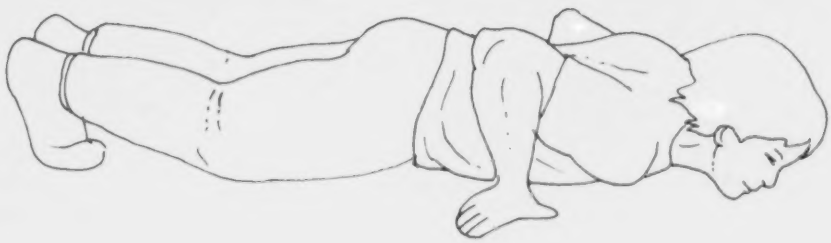
ᐊᑐᓚᒃᓴᑦ: ᐱᑕᖅᓵᐊᖅᑲᖅᑎᑐᖅ

ᐱᒋᐊᖅᓯᐱᖅ: ᐱᔪᓕᐊᖅᑐ ᓇᑎᖏᑦ ᐃᖅᓱᓴᓗᑎᒃ ᑐᓄᖅᓚᓗᑎᒃ ᑕᓕᑦ ᑕᓕᖅᐸᒃ ᓂᐅᕆᔨ ᐊᑯᓂᖅᓴᓐᓂᒃ ᓂᐅᕆᔨ ᓴᐅᒋᖅᓴᖅᓂᒃ ᓂᐅᕆᔨ ᓱᓕᑕᓄᑦ ᓇᑎᖅᓯᒪᓕᔪᓐ. ᐃᑎᓚᑎ ᓇᑎᖏᑦ ᓗᑦᓯ ᓱᖅᓄᑦᑎᒃ ᐃᓗᐱᒪᓗᑦ.

ᐊᐅᓚᓂᕐᒥᑦ: ᑕᓕᖅᑲᒃ ᓂᐅᑲᒃ ᑎᒥᐅᓗ ᐊᑐᖅᓗᑦ ᐱᔪᖅᑎᑎᓴᐃᑦ ᐊᖅᑎᐊᖅᓗᔪ ᐊᖅᒪᓗᖅᓴᖅᑐᖅ ᐃᓗᐊᓂ ᐊᖅᒪᐃᑦ ᑕᓕᖅᐸᖅᓴᖅᓴᖅ ᓴᐅᒋᖅᓴᖅᓂᖅᓴᖅᓂᒃ ᐊᑐᓕᕐᓗᓗ ᐅᕐᕿᖅᓂᒃ ᐃᒪᓗᖅᓂᑐᖅ ᐊᖅᑲᓇᕆᔨᖅᑐᑎᒃ ᑕᓕᑭ ᓂᐅᕆᔨ ᓱᓕᑕᓄᑦ.

ᓴᓇᖏᐅᑎᑦ: ᓴᓇᐅᕐᓂ ᐃᑎᒪᖏᑦ ᑎᑎᖅᓯᒪᓕᕐᓂ. ᓴᐅᒋᖏᓐᓇ ᑕᓕᖅᐸᖏᓐᓇᑦᓗᓂᒃ ᐱᔪᓕᐊᓕᓕᓐᓂ ᓴᓇᖅᑐᖅᓴᐅᓇᖏᑦᓕᑦ. ᐃᒪᓗᑐ ᐊᖅᓯᓇᓕᐊᑭᓇᖅᑐᑦ.

Eskimo Style Push Ups



4. ESKIMO STYLE PUSH-UPS

Equipment: None

Stance and Start: Push-up position.

Movement: Push-up and clap hands once in front of chest, push up and clap hands twice, then three times. Push up and swing hands behind back. Clap behind back and then clap in front of chest. Repeat this pattern as many times as you can.

Judging and Scoring: Competitor who does the most claps in repetition wins.

One Hand Push Up

Δᒃ⌒Δᓐᖏᒍᑦ ᖃᖅᖃᒪᑕᕆᐊᖅᓂᖅ

5. ONE HAND PUSH-UP

Equipment: None

Stance and Start: In push-up position, use one arm to hold body up and the other arm is kept off the ground at side. A match stick is placed between index and middle finger of push-up hand. Feet can be resting on ground, crossed over or flat. Knees must be raised off floor.

Movement: Using arm strength, try to pick up match stick with mouth and return to starting position. Then, put match stick back in fingers again.

Judging and Scoring: Winner is declared by number of lifts (push-ups). If match stick is dropped, start over. Push-ups must be continuous.

5. Δᒃ⌒Δᓐᖏᒍᑦ ᖃᖅᖃᒪᑕᕆᐊᖅᓂᖅ

ᐊᑐᓚᕐᓴᑦ: ᐱᑕᖅᑲᕆᐊᖅᑲᖅᑎᑐᖅᓂᖅ

ᐱᒋᐊᖅᐱᒃ: ᐊᕐᒋᐊᖅᓂᐊᖅᓗᑎ ᐊᓚᖅᓄᑦ Δᒃ⌒Δᓐᖏᒍᑦ ᖃᖅᖃᒪᑕᑦᓗᑎᑦ ᐃᑕΔᓕᒋᐊᖅᓗᒍ. ᖃᓄᐊᖅᓱᒃᑎ ᑎᑭᖅᐱᑦ ᖃᑎᖅᓂᕆᐱᑦ ᐊdᓂᖅᓚᓄ Δᓕᓂ⌒ᓗᑎᑦ Δᑎᓚᑎ ᓇᑎᖅᒋᓗᒋ ᓂᖅdᑭ ᖃᖅᖃᒪᑕᓗᒋ Δᓂᔪᖅᓚᓗᑦ ᓇᑎᖅᒍᑦ ᑐᑕΔᓕ⌒ᓗᒋᑦ.

ᐊᐅᓪᓗᒋᐊᖅᓂᖅ: ᑕᓕᖅᐱᑦ ᐱᒍᓂᖅᓚ ᐊᑐᖅᓗᒍ ᖃᓄᐊᖅᓱᒃᑎ ᓇᑎᖅᒒᑐᖅ ᖃᓂᓂᖅᑐᑦ ᑭᓂᖅᓄᓐᓂᖅᒒᑐᖅ ᐅᑎᖅᑎᓕᖅᒒᑐᖅ ᒪᑭᒋᐊᖅᓗᑎ ᒪᑭᐊᓂdᓚᑦ ᖃᓄᐊᖅᓱᒃᑎ ᐅᑎᖅᑎᓕᖅᒒᑐᖅ ᓇᑎᖅᒋᓗᒋ.

ᓴᓪᓚᐅᑎ: ᐊᒥᓗᐃᐊᖅᑕᓪᓚᕆᔪᖅᓱᖅᑐᖅ ᖁᓪᓚᕐᓂᖅᓴᓂ, ᖃᓄᐊᖅᓱᒃᑎ ᑲᑎᕐᓂᖅᓴᓂᑦ ᐃᑕΔᓕᒃᓱᒃᓂ ᐱᒋᐊᖅᑐᓂᖅᓴᓂᑦ.

Rope Gymnastics
ᐅᖅᐅᑕᖏᓂᖅ

Rope Gymnastics (Freestyle)
ᐅᖅᐅᑕᖏᓕᖅ (ᐅᖅᐅᑕᐅᓯᖅ ᖃᓄᑐᐃᓇᖅ)

1. ROPE GYMNASTICS

Equipment: Sturdy poles, rope about 3 inches in diameter. Set up support poles and string rope about 7-8 feet high. The rope must be taut with no sags.

Stance and Start: Competitor grabs rope with one hand overhand and the other opposite with knuckles facing away from body.

Movement: Lift body with arms and try to rotate body around rope without touching stomach to rope. Competitor must not rest on rotation, but movement must be continuous. The person doing the most rotations wins.

Freestyle: Competitor can do anything he wants ... balance on rope with knees or on one hand, jump on rope, do handstand, take off clothes, rotate around knife etc. The competitor with the most original and daring feat wins.

1. ᐅᖅᐅᑕᖏᓕᖅ

ᐱᔪᕆᐅᑎᑦ ᐊᑐᑕᐅᖅᓇᐊᓯᓕᑦ: ᓇᐸᓴᓂᖅ ᐱᔪᓴᐊᓗᓐ ᐃᒪᓇ ᓯᖏᑎᑕᑎᓇᐊᖏᑦᑐᓂᖅ, ᐊᕐᒪᓗᓐ ᐊᖅᓗᓇᒥ 3" ᓴᓕᖅᑎᓴᒥ. ᓇᐸᓴᑦ 7-8 ᐅᖅᑐᖏᐅᑎᑦ ᐳᖅᑐᑎᓴᕐᓗᒥ. ᐅᖅᐅᑕᐃᐅ ᐊᖅᓗᓇᖅ ᓴᓇᖅᓯᑎᐊᓗᔪᓐ. ᖅᑲᓴᖅᓂᖅᑲᓴᕐᓗᔪᓐ.

ᐱᔪᕆᐅᓴᐊᓇᐊᖏᐱᖅ: ᐅᖅᐅᑕᓂᐊᖏᑐᖅ ᐊᖅᓗᓇᖅ ᑎᔪᓗᔪᓐ ᐊᒃᖅᒪᑦ ᐱᖅᑲᑦ ᐃᖅᒥᓂᖅ ᑭᖅᖃᓗᔪᓐ ᐃᑦᓗᐊ ᐃᑦᓗᐊᓂᖅᒪᖅ ᑭᖅᖃᓗᔪᓐ.

ᐊᐅᓂᓂᖅᑦ: ᐃᓂᖅ ᐃᖅᒥᓂᖅ ᖅᖅᒪᑕᓗᓂ ᐊᕐᒪᓗ ᑎᑎᑕᓂᖅ ᓇᖅᒥᓂᖅ ᐅᐃᐱᑦᓗᓂ, ᐅᖅᐅᑕᓗᓂ, ᓇᖅᒪ ᐊᖅᓗᓇᑦᓗᑦ ᐊᖅᑐᑕᐃᓕᓴᐅᓕᖅᓗᔪᓐ. ᐱᔪᕆᐅᓴᐊᖏᑦᑐᖅ ᑕᖅᐃᑦᓴᓕᓇᐊᖅᑲᖅᑐᑦ ᐅᖅᐅᑕᓗᓂ, ᐅᖅᐅᑕᓂᓗᖅᑕᓂᒥᓂ ᓄᖅᑕᐃᓕᓴᐅᓕᖅᓗᓂ, ᑕᐃᒪᓇ

ᐅᖅᐅᑕᓗᐊᓪᓚᖅ ᓴᓇᓕᓂᐊᖏᑐᖅᓗᓂ.

ᐅᖅᐅᑕᐅᓯᖅ ᖃᓄᑐᐃᓇᖅ: ᐅᖅᐅᑕᖅᑐᑦ ᖃᓄᑐᐃᓇᖅ ᐅᖅᐅᑕᕐᓗᓐ ᐅᖅᐅᑕᖏᓕᕐᓗᓐ ... ᓯᖏᑎᓄᑦ ᐊᖅᓗᓇᖅ ᖃᓄᖅᓯᓂᐊᖏᑦᓗᓂ ᐅᓪᓚᕐᔪᐊᖅᑎᑦ ᐊᒪᖅᒥᓄᑦ ᐃᖅᓗᐊᓇᖅᑐᖏᑦ ᓄᖅᓯᓂᓄᐊᓂᐊᓗᓂ, ᐅᓪᓚᕐᔪᐊᖅᑎᑦ ᐊᖅᓗᓇᖅ ᖃᓄᖅᓯᓂ ᖃᑭᖅᑕᑦᑕᓗᓂ, ᐊᓚᖅᓂ, ᐊᓇᖏᑲᖅᓗᓂ, ᐱᓚᐅᑎᐅᑦ ᐊᕐᓚᒋᔭᖅᓗᓂ, ᐊᓯᖏᓂᒃᓗ, ᐅᖅᐅᑕᖅᑐᑦ ᐊᐅᐅᖏᓚᐅᑎᓗᓂ, ᐊᓯᖏᓂᒃᓗ ᐅᖅᐅᑕᓗᓂ.

Nalaujamut Nusuunnguanik (Rope Pulling)

ᓇᓪᑐᔭᓗᑦ ᓄᓇᕗᒻᒥᐊᑦᓂ

2. NALAUJAMUT NUSUUNNGUANIK (ROPE PULLING)

Equipment: Played inside an igloo usually, this game is a variation of rope gymnastics. A rope is tied to a piece of wood which is placed outside the igloo and dangles inside the igloo. Two loops are made from the rope about eye level.

Movement: Competitors grab onto the loops and do all sorts of acrobatic movements such as forward and backward rolls, hanging from the feet, chin-ups, balances and swings. The person doing the most imaginative and daring feat wins.

Traditional rope gymnastics was played in a similar way with the rope strung through the igloo from one end to the other providing many hours of fun and enjoyment.

2. ᓇᓪᑐᔭᓗᑦ ᓄᓇᕗᒻᒥᐊᑦᓂ

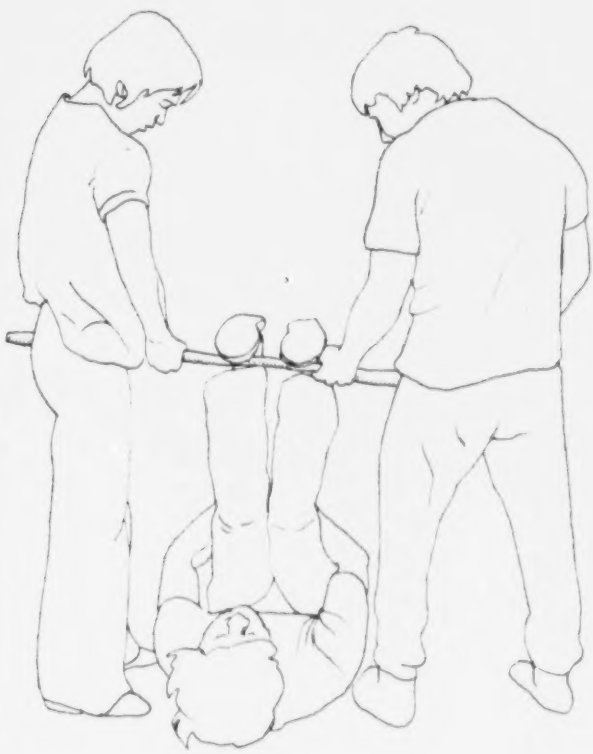
ᐱᒋᐅᑎᑦ ᐊᑐᖏᑕᐅᔭᓇᐊᓕᑦ: ᐃᓚᓗᑊ ᐃᓗᐊᓂ ᖃᑎᒌᑕᐅᓱᖅ ᐅᔭᐅᑕᓂᐅᑦ ᐊᓯᔪᖅᔭᖏᓪᓗᐊᖅᖢᓗ. ᐊᒃᓕᓴᖅ ᐃᓚᓗᒃᑐᑦ ᓄᕕᑊᓗᒍ ᐊᔭᒍᑕᖅᑲᓗᒍ. ᐃᓕ ᐊᒃᓕᓴᖅ ᐊᒍᖏᑯᓗᒍ. ᐊᒃᓕᓴᖅ ᖃᐅᔪᖅᒪᒥᐊᖏᓪᓗᐊᓗᒍ. ᒪᑭᖅᓂᒃ ᐊᓕᕐᖅ ᖃᓄᓕᒻᒥᖅᑲᓗᒍ ᐳᑐᖅᑲᓂᒃ. ᐃᓱᐅᑦ ᓇᓚᓂᒋᐊᓗᓂ ᖃᓄᐃᒻᒪᑦ.

ᐊᐅᓚᓂᖅᑎᑦ: ᐱᒍᕆᐅᔨᐊᖅᑐᖅ ᐊᖅᓚᔪᒃ ᑎᒍᓗᓂᒃ ᐅᔭᐅᖏᑕᖅᑲᓂ ᖃᖅᑎᐅᑕᖅᑐᑦ ᓴᓇᑐᐃᓇᑎᐊᖅᖢ, ᓯᐅᓕᒪᑦ ᑭᖅᒍᒪᒪᓕᒐᓗ ᐅᔭᐅᑕᓚᐅᐸᒡᓗᓂ ᐃᑎᖃᓚᐅᐸᒡᓗᓂ ᖃᖅᖢᓗᓂ ᐊᖅᓚᔪᒃᑐᖅᑲᓚᐅᐸᒡᓗᓂ, ᐊᒃᒪᓗᓂ ᑕᒡᓗᒥᑦ ᑎᑭᑦ ᑎᑭᖅᑲᓚᐅᐸᒡᓗᓂ, ᐊᐅᓚᑦᑭᓗᓂ. ᑕᐃᒪᓇ ᐅᔭᐅᑕᖅᓗᐊᓯᖅ ᐊᓕᐅᖅᑭᓂ ᐅᔭᐅᑕᓂᖅᑲᐅᑦ ᓴᓚᓂᖅᓂᐊᓗᓂ.

ᑕᐃᒡᓗᒪᓂ ᐅᔭᐅᑕᐸᓚᐅᑐᑦ, ᐊᒃᓕᓴᖅ ᓄᕕᑊᓗᒍ ᐃᓚᓗᒃᑐᑦ, ᐊᒃᓕᓴᖅ ᐃᓚᓗᑊ ᐃᓗᐊᓂᒍᔪᓂᖅᓗᒍ. ᐅᔭᐅᑕᐸᓚᐅᑐᑦ ᐊᑯᓂ ᖃᓄᐃᒻᒪᑦᑕᐅᓚᐅᑐᑦ.

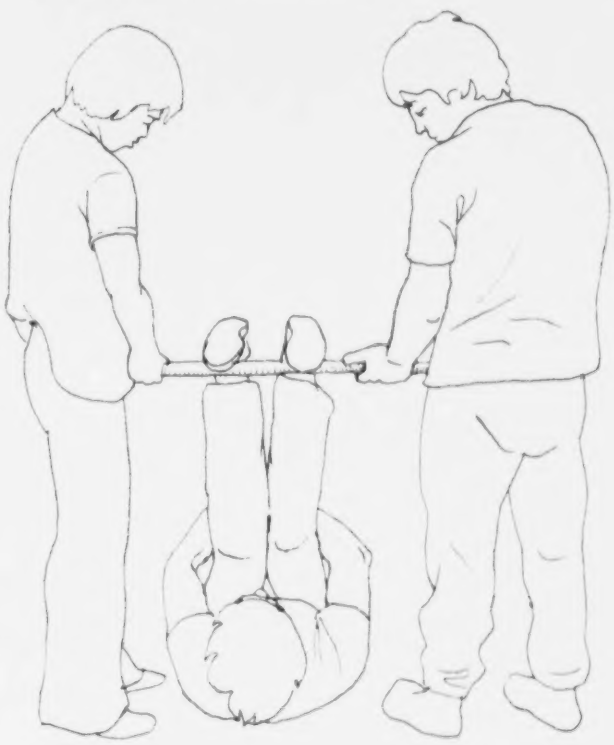
Toe Hang

ᐃᑎᒐᖏᒥᔪᑦ ᓴᑐᔪᖏᒥᔪ ᓂᐱᖏᒐᓂᖅ



Start

ᐱᒥᐊᖅᓂᖅ



Action

ᐃᒪᓐᓇ ᐱᓵᐅᕐᑐᑐᖅ

3. TOE HANG

Equipment: A strong pole such as a broom handle

Stance and Start: Have two people hold the pole about 4 feet high. The competitor hangs toes from the pole with or without shoes on. Arms are locked behind the knees and feet are together.

Movement: Lift the body completely off the floor. Competitor hangs on with toes for as long as he can while the pole carriers walk slowly forward or can stay in one place.

Judging and Scoring: Three tries. The longest time for toe hanging wins. Distance is not a factor.

3. ᐃᑎᒪᒥᔪᑦ ᓴᑐᔪᒥᔪᑦ ᓂᐱᖏᒐᓂᖅ

ᐱᔪᓵᐅᑎᑦ ᐊᑐᖅᑕᐅᓵᕆᓇᐊᓐᓂᑦ: ᓯᖅᑯᑦᓯᖏᒋᑐᒥ ᖃᕈᐊᐊᖅᓯᒥ ᐃᒪᓐᓇ ᓴᓂᐅᑎᐅᑦ ᐃᓴᐊᑐᑦ.

ᐱᔪᓵᐅᓯᐊᓇᐊᐱᖅ: ᐃᓓᓂᖅ ᒪᑭᖅ ᓴᓂᐅᑎᐅᑦ ᐃᓴᐊᓂ ᑎᔪᒥᐊᖅᓗᑎᖅ 4 ᐅᑐᔪᑎ ᖃᖅᑎᑎᒥᓗᐊᓗᔪᓗ, ᖃᖅᖏᒪᑕᓯᖅ ᐃᑎᒪᒥᔪ, ᑲᒥᓪᓚᑦᓗᓂ ᑲᒥᓯᒪᓗᓂᓂᓕᓂᑕ ᖃᖅᖏᒪᑕᑐᐃᓇᓇᐊᓕᖅ. ᐊᒪᖅᑎᑕ ᓯᑦᑯᖅᑎᑕ ᑐᓂᐊᓂᓗᑎᖅ, ᓯᑦᑯᔪᒥᓂ ᐃᔪᒥᓗᓂ, ᐃᑎᒪᖅᑎᑕ ᑲᑎᒪᓗᑎᖅ.

ᐊᐅᓚᓂᖅᑎᑕ: ᐱᔪᓵᐅᓯᐊᖅᑐᖅ ᐃᖅᒥᓂ ᖃᖅᖏᒪᑕᓗᓂ ᓇᑎᖅᑎᑕ. ᐱᔪᓵᐅᓯᐊᖅᑐᖅ ᓂᐱᖅᒪᓗᓂ ᐊᑯᓂᐅᑎᐊᓗᓂ, ᑕᐃᑦᑯᐊ ᓴᓂᐅᑎᐅᑦ ᐃᓴᐊᓂᒃ ᑎᑎᒥᐊᑐᒃ ᐱᓯᓗᑎᒃ ᐅᑦᓴᓐᓇᕐᑐᑎᑦ ᐃᑎᒪᒥᔪᑦ ᐅᑦᑕᐅᓯᒥ ᓄᖅᖏᒪᐅᓵᕆᒥᐊᓗᑎᒃ.

ᓴᓪᓚᓂᖅᑎᑕ: ᐱᖅᒪᓯᐃᓗᓂ ᐅᒃᑐᑭᓇᖅᑐᖅ, ᑕᐃᒪᓇ ᐊᑯᓂᐅᓪᓚᖅ ᐃᑎᒪᒥᔪᑦ ᓂᐱᖅᒪᔪᖅ ᓴᓪᓚᖅᓂᐊᓗᓂ, ᐅᖅᒪᓯᓂᖅᒪ ᐅᓴᔨᖅᓇᖅᑭᒪᓕᒐᖅᑐᖅ.

Finger Hang

ᕿᑭᑎᖅᓂᕿᒥᓄᑦ ᓂᐱᖅᓯᓂᖅ

Standing position lift
ᓇᖅᑎᓗᓂ ᑭᐱᐅᓂᖅ

Kneeling position lift
ᓯᖅᑯᒥᐊᖅᓗᓂ ᑭᐱᐅᓂᖅ

4. FINGER HANG

Equipment: Broom handle

Stance and Start: Two people grab the broom handle at the ends about 4 feet high. The competitor grabs the broom with the middle finger only of one hand. The other hand grabs the wrist of the hand hanging from the broom. Legs are lifted off the floor and crossed.

Movement: Competitor must hang from the one finger until he gives up. Feet must be off the floor as the two pole carriers move slowly forward or can stay in one place.

Judging and Scoring: The best of three tries. The longest finger hanger wins.

4. ᕿᑭᑎᖅᓂᒥᓄ ᓂᐱᖅᓯᓂᖅ

ᐱᔪᓴᐅᔨᐊᕐᑭᑎᑦ ᐊᑐᖅᑕᐅᔭᕆᐊᓕᒻᒥᑦ: ᓴᓂᐅᑎᑕᐅ ᐃᐳᐊᓂᒃ

ᐱᔪᓴᐅᔨᐊᕆᐊᕐᐱᖅᑲ: ᐃᓇᓱᒃᓄᑦ ᒪᕐᒃᓄᑦ ᓴᓂᐅᑎᑕᐅ ᐃᐳᐊ ᑎᔪᒥᐊᖅᑕᐅᓗᓂ ᐃᓕᓴᕐᕕᒃ 4 ᐅᑐᖅᐅᑎ ᖃᐅᑎᑎᓗᔪ. ᑕᐃᒪᓐᓇ ᐱᔪᓴᐅᔨᐊᖅᑲᖅᑐᒃ ᐃᒡᓗᐃᓐᓇᖅᓯᒪᓄᑦ ᐊᐳᐊ ᑎᔪᓗᔪ. ᐊᒪᓱᒪᑕ ᐱᖅᑕᒡ ᐊᒪᐅᑎᑎᓂ ᑎᔪᒥᐊᓗᓂ. ᐃᓱᒥᓂᒃ ᖃᓱᒪᑕᓗᓂ ᐊᒋᒪᓗᓂ ᓂᐅᒥᓂᒃ ᑭᐳᑎᓗᓂ.

ᐊᐅᓚᓂᖅᓂᑦ: ᐱᔪᓴᐅᔨᐊᖅᑲᖅᑐᒃ ᖃᓱᖅᒪᑕᕆᓇᐊᓚ ᓴᑭᑎᖅᓂᒥᓂ ᐊᔨᓚᕐᓂ ᐱᐱᖅᓯᓂ. ᐃᑎᒪᖅᓱᒃ ᖃᓱᖅᒪᑕᕆᓇᐊᔨᒃ ᐊᒋᒪᓗ ᑕᐃᓵᔨᐊ ᓴᓂᐅᑎᑕᐅ ᐃᐳᐊᓂ ᑎᔪᒥᐊᖅᑐᒃ ᐱᐊᓕᓴᕐᓗᑎᒃ ᐅᓵᕐᓴᓐᓂᑦ ᓄᖅᓱᒪᐅᕆᒥᐊᖅᓗᑎᒃ ᐊᑕᐅᔨᖅᒥᓗ.

ᓴᓪᓚᔪᓂᖅᓂᑦ: ᐱᖅᒪᔨᐃᓗᓂ ᐊᔨᖅᑎᓪᓗᓇᓱᒃᓄᑦ ᐃᓚᖅᑕᐅᓗᓂ. ᑕᐃᒪᓐᓇ ᐊᑯᓂᐅᓂᓗᓂ ᐃᓴᖅᓴᓂᓗᓂ.

Eskimo Push Up

ᐃᓄᖅᑐᑦ ᐊᔭᑕᐅᖅ ᑎᒥᒥᓂᖅ

1. ESKIMO PUSH-UP

Equipment: None

Stance and Start: Competitor lies flat on back with feet outstretched and arms beside head with palms facing up. Another person stands on hands facing the feet of the competitor lying down. There is a person standing astride the competitor facing his head who acts as brace and support for the person to be lifted.

Movement: The competitor lifts the standing person so that arms are fully extended and returns him to floor. Once the lift is completed, another lift can be attempted.

Judging and Scoring: The greatest number of continuous lifts wins. Three tries are given for each attempt. Arms must be fully extended in order to count as a lift. The same person should be lifted by each competitor in order for it to be fair.

1. ᐃᓄᖅᑐᑦ ᐊᔭᑕᐅᑦ ᑎᒥᒥᓂᖅ

ᐱᔪᓴᐅᑎᑦ ᐊᑐᖏᑕᐅᔭᓇᐊᓪᓚᑦ: ᐱᑕᖏᓚᐊᖏᓂᑐᖏ

ᐊᐅᓪᓂᖓᑦ ᐊᓯᖏᑕᐅᔭᓇᐊᓪᓚᖏᑐᖏ: ᐱᔪᓴᐅᔨᐊᖏᑐᖏ
ᓇᖕᓪᖏᓗᓂᓂᓇ ᓇᑎᖏᒥ ᐊᖏᓪᓚᓂᓂᓇ ᐊᓪᒪᓗᓂ ᐊᓗᖏᒥ
ᓂᐊᖏᑯᐊᑕ ᓴᓂᐊᓵᖕᓂᑎᑦ ᐃᑎᒪᖏᒥ ᖏᑯᒪᖏᓗᑎᑦ.
ᐃᓵᓵᐠ ᐱᖏᑲᑎᖏᓗ ᕿᓪᒪᖏᓗᓂᓇᓕᐅ ᐊᓗᒥ ᓵᑦ, ᑭᓇᖏᓗ
ᐃᑎᒪᖏᒥᑦ ᓇᓪᓂᖕᓂᑎᑦ, ᐊᓪᒪᓗᓂ ᐊᔨᖏᓗᓂᖏᑕᐅᖏᖅ
ᓴᓂᐊᓂ ᓇᖏᒥᖏᑐᖏᓗᓂᓂ ᐅᔨᑕᐃᓕᑕᐅᓂᐊᖏᒪᑦ.

ᐊᐅᓪᓂᖓᑦ: ᐱᔪᓴᐅᔨᐊᑐᖏᖅ ᓇᖏᒥᖏᑐᖏᑎ
ᖏᑲᖏᓚᑉᔨᐅᓪᓂᓂ ᑕᓕᖏᑎᑦ ᐃᔨᖠᑎᑎᐊᓇᐊᓪᓚᑦ, ᐊᓪᒪᓗᓪ
ᐊᖏᓚᑦᓂᓂᑐᑦ ᓇᑎᒧᑦ ᐅᑎᖏᖅᑎᓪᓂᐅᑦ.
ᖏᑲᖏᓚᑉᔨᐊᓂᓂᓂ ᐊᓪᒪᓗᓪ ᔨᓕ ᐱᑎᐊᑲᓂᓪᓂ.

ᓴᓪᓂᖓᑦ: ᖏᑲᖏᓚᑎᑎᑉᔨᖅ ᐊᒥᔨᐃᓪᓚᖏᒍᓂᓂ
ᓴᓪᑲᖅᓴᖅᓂᐊᖏᓂᓂ. ᐱᖏᓚᔨᐃᖏᓪᓂᓂ
ᖏᑲᖏᓚᑎᑎᓇᓪᔨᐊᑭᓇᓪᓂᑎᑦ ᐱᔪᓴᐅᔨᐊᖏᑲᐅᑦ. ᑕᓕᖏᒥ
ᐃᔨᖠᑎᑎᐊᓪᓂᑎᑦ ᑭᔨᐊᓂᓂ ᖏᑲᖏᓚᑕᐃᓂᕿᑕᐅᔨᓇᓚᑦ.
ᑕᐃᓚᓇᓂ ᑭᖠᑎᑕᐅᔨᖏᑎᑦ ᐊᑕᐅᔨᓇᐅᓪᒍᓂ. ᐃᓄᐃᐠ
ᐃᓪᓕᖏᒥᑦ ᐅᖏᑯᒪᐃᓂᓴᐅᒪᑕ. ᐅᖏᑯᒪᐃᖏᔪᓂᖏᖓᒥᖏᓗᓪᓕᑦ
ᐊᑕᐅᔨᖏᑎᑦ ᑭᖠᑎᑎᐅᖏᑲᑕᓂᓂ ᐃᓄᖅᑐᑦ.

Dead Man Weight Lift

ᐃᓗᐳᒥ ᖃᓄᑕᑎᓗᒍ ᑭᐱᐅᓯᐊᖅᓂᖅ

Start
ᐱᓯᐊᖅᓂᖅ

Action
ᐃᒪᓐᓇ ᐱᖅᐅᓵᖅᑐᖅ

2. DEAD MAN WEIGHT LIFT

Equipment: None

Stance and Start: A person lies flat on his back with legs straight out, hands are at the sides or crossed over the chest. The body must remain rigid.

Movement: A competitor grabs the "dead" person around the knees and lifts him off the floor to almost a standing position. Then he returns him to the floor.

Judging and Scoring: The person who does the most continuous lifts wins.

2. ᐃᓗᐳᒥ ᖃᓄᑕᑎᓗᒍ ᑭᐱᐅᓯᐊᓂᖅ

ᐱᔪᖅᐅᑎᑦ ᐊᑐᖅᑕᐅᕗᓇᐊᓕᓪᓚᑦ: ᐱᑕᖅᑲᓇᐊᖅᑲᖏᑐᑎᖅ

ᐱᔪᖅᐅᓱᐊᓇᐊᐃᐱᖅ: ᐃᓐᓂᖅ ᓇᓪᓚᖅᓗᓐᓂᓂᒃ ᓇᑎᖅᒥ. ᐃᑎᒪᖅᑦ ᑲᒪᑎᐊᓗᓐᓂᖅ ᐃᓱᐃᖅᒪᑎᐊᓗᓐᓂᖅ, ᐊᒪᖅᓗᓂᒃ ᓴᓂᐊᓂᓗᓐᓂᖅ ᐅᖅᕿᓗᖅᓂᑦ ᐃᓗᓱᒪᓗᓐᓂᖅ ᖃᐅᖅᓂᖅ. ᑎᒥᖅᒪ ᖃᑭᑕᐃᖅᓇᓇᐊᓕᖅ.

ᐊᐅᓚᓂᖅᑦ: ᑕᐃᒪᓇ ᐱᔪᖅᐅᓱᐊᑐᖅ, ᑭᐃᖅᓯᓗᓂ ᑕᐃᖅᓱᒥᖅᒪ ᐃᓂᖅᒥ ᓇᓪᓚᖅᓗᒥ, ᐃᖅᑭᓗᓂᐅᐅᖅ ᓱᖅᑯᖅᑎᑎᔪᑦ ᑭᐃᖅᑯᓂᓗᓂᐅᖅ ᓇᖅᑦᓗᑦ ᐅᑎᖅᑎᓗᓂᐅᖅ. ᓴᖅᑦᓂᖅᓱᐊᓂᑯᓂ ᓇᑎᖅᓗᑦ ᐅᑎᖅᑎᓗᓂᐅᖅ.

ᓴᓪᓚᓂᖅᑦ: ᑕᐃᒪᓇ ᑭᐃᓱᓗᐊᓭᖅ ᐊᒥᓱᑭᑕᓪ ᓴᓪᓚᓂᖅᓱᓂ.

Straddle Lift

ᖃᑎᐊᔪᑦ ᑎᒍᓗᒍ ᖁᖅᖃᓕᑦᑕᖃᓗᒍ

3. STRADDLE LIFT

Equipment: None

Stance and Start: Competitor sits on floor with legs apart in straddle position. Another person sits between the legs of competitor with knees drawn up. Competitor grabs person under the knees.

Movement: From this position, lifter must stand up with person and return to the floor without dropping person to floor.

Judging and Scoring: Greatest number of lifts wins.

3. ᖃᑎᐊᔪᑦ ᑎᒍᓗᒍ ᖁᖅᖃᓕᑦᑕᖃᓗᒍ

ᐊᑐᓚᕐᓕᑦ: ᐱᑕᖃᖅᓭᐊᖃᕆᑐᐃᖅᑐᖅ

ᐱᒋᐊᖃᐱᐅᒃ: ᐱᓕᒍᓂᐊᖃᐅᑦ ᐃᖅᓯᕿᓗᓂ ᓇᑎᖃᑎ ᐊᖃᓪᓚᖅᓂ ᑭᐱᒃᑕᐅᓂᐊᖃᐅᖅᑐᖅ ᐊᑯᓂᓇᓪᓚᖅ ᐃᖅᒋᓂᓂ ᓯᖃᑯᒋᑦ ᐃᓕᓴᕆᓗᑎᒃ ᓯᖃᑯᒋᑦ ᐃᓕᓴᕆᓚᕐᑦ ᑭᐱᒃᑕᐅᒋᐊᖃᐅᓂᓂ.

ᐊᐅᓚᓂᖅᑕᑦ: ᐃᖅᓯᕿᓗᓂ ᐱᖃᑎᒋᓂᒃ ᑭᐱᒃᓯᓕᐊᖃᐅᓂᓂ ᓇᑎᖃᑦᓕ ᐃᖅᒋᑲᓂᖃᐅᓂᓂ.

ᐊᔪᖅᒋᓂᖅᒋᑦ: ᑭᐱᒃᓯᓕᔪᖅᑐᖅ ᐊᒥᓱᐃᖃᓗᓂ ᐊᓚᒃᓴᖅᓂᐊᖃᐅᓂᓂ.

Airplane

ᑎᕐᒥᓱᕐᔪᓐᓇᖅ

Start
ᐱᒋᐊᕐᓂᖅ

Action
ᐃᓚᖓᓪ ᐱᔪᐅᓯᕐᒐᖅ

4. AIRPLANE

Equipment: None

Stance and Start: Competitor lies on stomach with arms straight out at sides and feet firmly together. Body stays firm and rigid.

Movement: Competitor is lifted by three people, one holding his feet, and the other two on each of his arms. The competitor must remain rigid so that body is raised 2-3 feet above floor. When the body sags, the stomach should just touch floor (this is a good indicator of the height the competitor should be lifted). Competitor is carried in this position for as far as possible.

Judging and Scoring: Body must not sag. Shoulders should not drop below arms or bend at the elbow. The event is timed as well as distance measured since some carriers may walk faster than others. Carriers should try to keep a steady pace. *Girls* may want to try this event by bending their arms and getting lifted by elbows.

4. ᑎᕐᒥᓱᕐᔪᓐᓇᖅ

ᐊᑐᖏᑕᐅᒋᐊᓕᓯ: ᐱᑕᖅᓴᐊᖅᓯᒪᔪᖅ

ᐱᒋᐊᕐᓂᖅᓴᒪ: ᑎᒥᓱᕐᔪᓐᓇᖅ <ᒪᖅᓴᓂᓂᓂ ᑕᓕᖅᑕ ᐃᓱᐃᖅᓴᓗᑎᒃ ᓂᐅᖅᑕᒃ ᑲᑎᒪᓂᑦ ᓱᓕᒪᓐᓇᐊᕐᔪᓂᓂ.

ᐊᐅᓚᓂᖅᑕ: ᐱᖅᓴᓱᓐᑕ ᐃᓐᓂᖅᓐᑕ ᕈᕆᐸᑕᐅᓗᓂ ᐊᑕᐅᓱᖅ ᐃᑎᒪᖅᑕᒃᓂᒃ ᑎᒥᓕᐊᕐᓂᒃ ᐱᖅᑲᑎᑕᖅ ᑕᓕᖅᑕᒃᓂᒃ ᓂᐅᖅᑕᐊᕐᓂᓗ ᓴᖅᓴᑕᓗᑕᐅᓗᓂ ᓴᖅᓴᑕᓗᐊᖅᑎᐊᕐᓂᓗ ᓇᖅᓴ ᓇᑎᐸᑦ ᑐᑕᐃᓕᓗᑐᐃᓇᖅᓴᓗᓂ ᑎᒥᓕᐊᕐᑕᐅᓗᓂ.

ᐊᓱᖅᓂᓂᖅᑕ: ᑎᒥ ᓂᐅᖅᓴᑎᑕᐃᓕᓗᓗ ᐃᓂᓱᖅᓴᒪᑕ ᐊᑕᓇᐊᑕᐃᓕᓗᓗ ᓴᖅᓇᓂᖅ ᐊᑯᓂᐅᑎᕐᓴᖅ ᓇᒧᑦᓗ ᑲᖅᓴᒪᑕ ᐱᓇᐊᓕᔪᓴᖅᑕᖅᓴᒪᑕ ᐊᐸᐅᑎᖅᓇᓪᓚᑕ ᐃᓂᓱᖅᓴᒥᑕ ᐱᓇᐊᓕᑭᓪᓚᑕ ᐊᓕᐅᑎᑲᓂᖅᓴᒪᑕᖅ ᑎᒥᐊᕐᑕᐅᓗᓂ.

Ear Lift

ᓯᐅᑎᒥᓂᑦ ᖃᖅᖏᓪᓗᓯᑎᓯᑎᑐᓂᖅ

5. EAR LIFT

Equipment: A weight is made with a loop for the ear and allowing for a number of weights to be put on the end. The rope measures about 2-3 feet long. There are weights ranging from 5 pounds to 15 pounds.

Stance and Start: The weight is looped around any ear and the competitor bends over slightly at the waist. Beginning with 5 pounds, the competitor will increase up to 15 pounds weight.

Movement: On a signal, the competitor walks forward lifting the weight off the floor and carrying it with his ear for as far a distance as his ear will allow.

Judging and Scoring: Once the weight touches the floor or drops off the ear, the competitor stops and the distance is measured. The person carrying the heaviest weight the farthest is the winner.

5. ᓯᐅᑎᒥᓂᑦ ᖃᖅᖏᓪᓗᑕᑎᑎᑐᓂᖅ

ᐱᔪᓕᐅᑎ ᐊᑐᖃᑕᐅᔭᓇᐊᓵᓪᓂ: ᐅᖃᓪᓚᐃᑐᒥ, ᐅᖃᓪᓚᐃᓗᑕᖃᒥ ᓴᑐᓯᒪᔪᒥ ᓄᕆᓯᕆᐅᔨᓇᖃᑐᒥᑦ ᐊᑦᓄᓇᖃᖅᖢᒥ ᓯᐅᑎᖅᓚᓄᓇ ᓇᑦᑎᑎᖅᔪᓕᒥ ᐊᓚᔨᖃᓪᓚᔪᒧᑦ ᐊᑦᓄᓇᖃᖅᖢᒥ ᓴᓇᓗᓂ. ᐊᑦᓄᓇᖃᖅᖢᒥ ᐃᓚᖃᓪᓚ 2-3 ᐅᑐᖅᐅᑎᑦ ᑕᑭᑎᒥᓗᔪᒧ. ᐅᖃᓪᓚᐃᓗᑕᑦ ᐅᖃᓪᓚᐃᓗᑕᖃᓪᓚᖃᖅᖢᒥ 5 ᓴᖅᒥ 15ᓗ ᑎᑭᓗᒥᑦ.

ᐱᔪᓕᐅᔨᐊᓇᐊᐱᑦ: ᐅᖃᓪᓚᐃᓗᑎᖅᔪᒪᔨᖅ ᓇᑦᑎᑎᓗᔪᒧ ᓯᐅᑎᖅᓚᓄᑦ ᓇᓕᐊᓄᑐᐃᐃᓇᖅᖢ ᐅᖃᓪᓚᐃᓗᓂ ᓇᑦᑎᑎᓗᔪᒧ. 5 ᓴᖅᒥ ᐅᖃᓪᓚᐃᓂᓕᒥ ᐱᒋᐊᕈᑎᖅᓚᓂᓂ, ᐱᔪᓕᐅᔨᐊᓇᐊᑐᖅ ᖃᖅᖏᓪᓗᑕᒪᔨᖅᓚᓂᑦ ᐅᖃᓪᓚᐃᓗᒋᐊᖅᓚᓗᒥ 15 ᓴᖅᒥ ᑎᑭᓗᒥᑦ.

ᐊᐅᓚᓂᖅᑕᑦ: ᐱᒋᐊᖅᑯᐅᑐᓕᕆᓂ, ᐱᔪᓕᐅᔨᐊᑐᖅ ᐱᓯᒋᐊᓕᓵᓂᓗ ᐅᖃᓪᓚᐃᓗᑕᓯᒋᔨᖅᖢ ᖃᖅᖏᓪᓗᑕᒪᓂᓂᐅᑦ ᓯᓚᑦᑎᓂᓗᒥ ᐅᖃᓪᓚᐃᓗᑕᓕᒫᑦ.

ᖃᓚᖅᓂᖅᑕᑦ: ᐅᖃᓪᓚᐃᓗᑕᖅ ᓇᑎᖅᓗᑦ ᐊᑦᑐᑐᐊᐸᑦ ᐅᓪᓛᓗᓂᕐᓂᑦ ᓯᐅᑎᖅᓚᓂᑦ ᐊᑦᓄᓇᖃᖅᖢᒥ ᓯᓚᕐᔪᐊᑦ, ᐱᔪᑐᖅᖢᒥ ᓄᖅᓚᓂᑦ, ᑲᑕᐃᑐᐊᖅᐸᑦ ᐅᓪᓛᓗᓂᕐᓂᑦ ᓴᐃᓕᑐᐊᖅᐸᑦ ᐱᔪᖅᓚᐃᓂᖅᐸᒥ ᐱᔪᖅᓚᐃᓗᒪᓕᒥ ᐅᑦᑐᕐᔪᓗᔪᒧ. ᐅᖃᓪᓚᐃᓗᑕᓯᒥ ᐅᖅᓚᓯᓚᑦᓗᓗ ᐱᔪᑦᑐᖅ ᐃᓚᖃᖅᖢᒥᑦ.

Rabbit Hop

ᐅᑲᓂᐅᑲᕐᓂ ᖃᕈᕐᖏᑕᕐᔪᓂ

1. RABBIT HOP

Equipment: None

Stance and Start: Competitor stands on a set line.

Movement: Thrusting body forward with legs, put both hands on floor in front of you and hop into squat position. Do another hop in the same way, and then leap forward as far as you can in broad jump fashion. You must land on two feet.

Judging and Scoring: Competitor must land balanced on two feet. Farthest distance wins. Distance is measured from the line to the point of landing. The best out of three jumps.

1. ᐅᑲᓂᐅᑲᕐᓂᖅ ᖃᕈᕐᖏᑕᕐᔪᓂ

ᐊᑐᒪᓴᑦ: ᐱᑕᕐᖏᓇᐊᕐᖏᓕᑐᑎᖅ

ᐱᕈᐊᕐᓂᖅ: ᑎᑎᕐᓯᒪᓇᐅᑦ ᓇᓪᓂ ᐱᒃᔨᑐᖅ ᐊᐅᓇᓇᐊᕐᖏᓪᓂ.

ᐊᐅᓪᓂᕐᕈᑦ: ᐃᓕᓴᓂ ᓯᐅᒪᒃᑎᓕᐊᕐᓗᑎᑦ ᓂᐅᐸᒃ ᐊᑐᕐᓗᕈ ᐊᒪᑎᑦ ᓯᐅᒪᐊᕐᓗᑎᑦ ᐅᑲᓂᓴᒃᓗᑎᑦ. ᐅᓴᒪᓯᓪᓚᕐᔪᑦ ᖃᕈᕐᖏᐊᕐᓗᑎ ᐅᑲᓂᖅ <ᓴᒪᓕᓴᐸᒪᑕᑐᑦ.

ᐊᔪᕈᓂᕈᕈᑦ: ᐃᑎᒪᓴᓂᑦ ᑐᓴᑕᕐᓗᑎᑦ ᐅᒪᔨᓪᓚᕐᔪᑦ ᖃᕈᕐᖏᑐ ᓴᓪᓂᓴᑎᑎ ᐱᓴᒪᔨᐃᓇᐊᕐᓗᔨ ᐅᓴᑐᕈᓇᓴᑐᔨ.

Owl Hop

ᐅᐦᐱᓴᓱᐊᑐᑦ ᖃᓴᕆᑕᓂᖅ

2. OWL HOP

Equipment: None

Stance and Start: Start on set line. Hook one foot behind the knee and bend half way down. Any leg will do.

Movement: Bounce or hop for as far as you can without quitting.

Judging and Scoring: Farthest distance wins. Hops must be continuous.

2. ᐅᐦᐱᓴᓱᐊᑐᑦ ᖃᓴᕆᖅᑕᖃᓂᖅ

ᐊᑐᒪᒃᑯᑦ: ᐱᑕᖅᑲᓪᓚᐊᖅᑲᕐᔪᑐᖅ

ᐱᕆᐊᖃᓂᖅ: ᑎᑎᕋᓕᓴᒥᖅ ᐱᕆᐊᖃᓪᓚᓂ ᓂᐅᐃᑦ ᐱᖅᑎᖅᓴᒃ ᓂᐅᐃᑦ ᐊᑯᓂᖅᒪᓂᐊᖅᓚᐅ ᐊᖃᐅᑦᓚᑎᑦ.

ᐊᐅᓪᓂᖃᑦ: ᖃᓄᖅᑕᖅᓚᑎ ᓂᐅᐅᖅᓂᑦ ᐃᖅᓚᐃᓪᓕᖅᓴᓗᑦ ᐅᖅᓱᓕᓴᖅᓗᑦ

ᐊᓴᖃᓂᖃᑦ: ᐅᖅᓱᓕᓴᖅᓗᑦ ᖃᓄᖅᑕᖅᑐᑦ ᓴᓪᓕᐊᓂᖅᓚᓂ.

Knuckle Hop

ᓇᖅᔪᐊᖏᑲᑦᓂᖅ

3. KNUCKLE HOP

3. ᓇᖅᔪᐊᖏᑲᑦᓂᖅ

Equipment: None

ᐅᑯᑐᒪᓕᒃ: ᐱᑕᖅᑲᓪᓚᐊᖏᑎᒍᑦ

Stance and Start: From a push-up position place knuckles on floor, elbows at side.

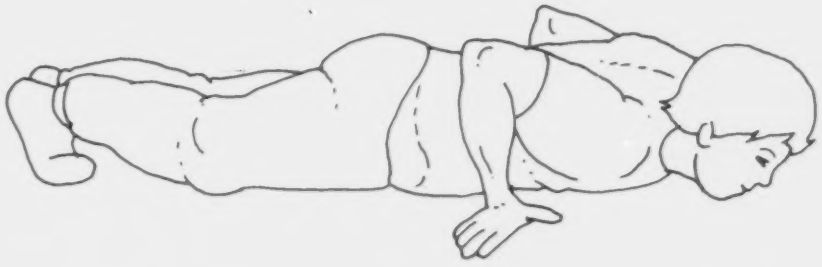
ᐱᒋᐊᖅᓂᖅᓴᒪ: ᐊᒪᓂᒃ ᐃᓗᓕᒫᓂᒃ ᓇᓂᖅᓗᒃ ᑭᓱᒪᖅᓂᒃ, ᐃᓄᓕᒃ ᓴᓂᖅᓇᐊᖅᓗᓂᒃ.

Movement: Using the height from knuckles to elbows, hop on toes and knuckles for as far as possible. Farthest continuous hop wins.

ᐊᐅᓚᓂᖅᓯᒋᐊᒃ: ᐃᑎᒪᓂᒃ ᓇᓂᖅᓗᒃ ᑐᖅᒪᓗᒃ ᐊᒪᓂᒃ ᐃᓗᓕᒫᓂᒃ ᑐᖅᒥᓗᒃ ᖃᖅᑎᑕᐅᓚᐊᖏᑕᖅᓂᑎ ᐅᖅᓱᓴᓕᐊᖅᓂᒃ.

Push Up Hop

ᐅᒃᓕᐅᔪᖅᓂ ᐊᒪᓗᑦ



4. PUSH-UP HOP

Equipment: None

Stance and Start: Same position as knuckle hop except weight is placed on hands.

Movement: Hop on hands and feet for as far as you can. Stomach cannot touch floor and feet must be together.

Judging and Scoring: Farthest distance wins. Hops must be continuous.

4. ᐅᒃᓕᐅᔪᖅᓂᖅ ᐊᒪᓗᑦ -

ᐊᑐᓇᐊᓕᑦ: ᐱᑕᖅᑲᓇᐊᖅᑲᕐᑐᖅ.

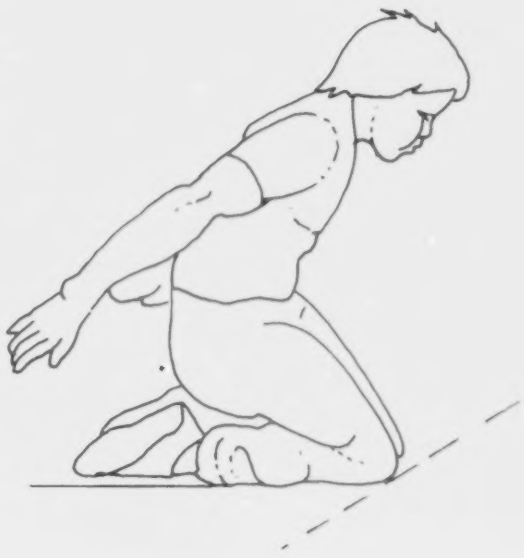
ᐱᒋᐊᖅᓂᖅ: ᐅᒃᓕᐅᔪᖅᑐᑐᒪᓗᐊ ᑭᓯᐊᓂ ᐊᒪᑎ ᐃᓯᕐᖅᑲᓗᓪᓕᑦ.

ᐊᐅᓪᓂᕐᒋᑦ: ᖁᕐᖅᒪᑕᖅᑕᖅᓗᑎᒃ ᐅᕐᒪᓯᓪᓚᖅᓗᓪᓕᑦ.

ᐊᓴᕐᒋᓐᓂᕐᒋᑦ: ᐊᒪᐃᓇᓪᓚᑦ ᐃᑎᒪᐃᓇᖅᓗ ᐊᑐᖅᓗᓂ ᖁᑎᖅᑕᖅᓗᓂ ᐅᕐᒪᓯᓪᓚᖅᓗᓪᓕᑦ ᑕᐃᒪᐃᓕᐅᑐᖅᓂᖅ ᓴᓪᖅᓂᐊᖅᓗᓂ.

Kneel Jump

ᓱᖅᑎᐊᖑᓚᓂᓐ ᓇᖑᕆᔨᐊᕐᓂᖅ



5. KNEEL JUMP

Equipment: None

Stance and Start: Kneel on floor with feet tucked under and flat on floor. Measure knees to be right on line by using finger tips to line knees up with marked line on floor.

Movement: Using upper body momentum, thrust body forward to land on feet. Keep balance.

Judging and Scoring: The best out of three tries. Measurement is taken from the heel closest to the line, or any part of your body that falls backwards.

5. ᓱᖅᑎᐊᖑᓚᓂᓐ ᓇᖑᕆᔨᐊᕐᓂᖅ

ᐊᑐᓚᕐᓴᑦ: ᐱᑕᖅᓴᐊᖅᑲᖑᕆᑐᖅ

ᐱᒋᐊᕐᓂᖑᒪ: ᓇᑎᖅᑎ ᓱᖅᑎᐊᖅᑲᓂᓐ, ᐃᑎᓕᑎᑦ ᓇᑎᖅᓯᑦ ᐊᒃᑐᐊᑎᐊᖅᑲᓂᑦ. ᓱᖅᑎᒃᑲ ᓇᓂᓇᐃᑯᑕᐅᔪᑦ ᓇᓴᓂᐊᖅᑎᐊᓴᖅᓂᑦ.

ᐊᐅᓴᓂᖑᑦ: ᓱᖅᑎᐊᖅᑲᓚᕐᓇᑦ ᓱᐅᓯᑦ ᖃᑦᑎᖅᓂᑎ ᐃᑎᓚᖃᓂᓐ ᑐᒋᐊᖅᓂᑎ ᐅᕈᑕᐃᓕᓂᑎᑦ.

ᐊᔪᖑᓂᖑᑦ: ᐱᖃᓚᐃᐃᖅᓂᓂ ᐅᐅᓯᑦᑐᖅᓂᓂ.

Standing High Jump

ᖃᐃᑎᒃᑐᑎ ᖃᓕᕆᔨᓂᖅ

6. STANDING HIGH JUMP

Equipment: Rope

Stance and Start: Two people hold rope at a given height (starting at 2 feet).

Movement: Competitor tries to jump over rope at a certain height without feet or body turning sideways on jump.

Judging and Scoring: Three tries at each height. Highest jumper wins.

6. ᖃᐃᑎᒃᑐᑎ ᖃᓕᔨᓂᖅ

ᐊᑐᐊᕐᓂᑦ: ᐊᒃᓗᓇᖅ

ᐊᐅᓚᓀᐊᕐᕕᒃ: ᐊᒃᓗᓇᖅ ᐃᓂᒃᓇᑦ ᓚᖓᔪᓂᑦ ᑎᒍᓐᓇᐅᓪᓗ 2 ft. ᖃᐅᔨᑦᑕᕐᓗᒍ.

ᐊᐅᓚᓂᖅᑎᑦ: ᐱᒍᓱᐊᕐᑐᑦ ᐊᒃᓗᓇᖅ ᖃᐅᔨᒍᑦ ᖃᓕᓀᐊᕐᓂᓂ ᐃᑎᒪᖅᑦ ᑎᒥᖅᓯ ᓴᓂᓚ ᐊᐅᓚᑦᓴᕐᑕᐃᓕᓂᓂ.

ᐊᓱᖅᓂᕆᖅᑎᑦ: ᐱᖅᓯᐅᕐᓇᓕᕆᔨᓚᑎᒃ ᖃᐅᔨᓕᕐᓂᑦ ᐊᓂᒍᖅᑎᓯᒪᓕᖅᑐᑦ ᐊᐅᓚᑦᓴᕐᑕᐃᓕᓂᓂ.

Stick Jump

ᖃᓕᕆᔨᒃᑲ ᐊᑦᓗᐃᑕᔨᓂᖅ

Start
ᐱᒋᐊᕐᓂᖅ

Action
ᐃᒪᓐᓇ ᐱᖅᐅᓪᓚᕐᓗᒃ

7. STICK JUMP

Equipment: Broom handle

Stance and Start: With feet together, grab broom handle in overhand grip about the distance of shoulders apart.

Movement: Without loosening grip, jump over the broom handle and back again without resting or pausing.

Judging and Scoring: Each jump is measured by the distance of grip on broom handle. If the jump is completed, move hands in together two inches on each hand. This makes the jump harder. Hands keep moving together until hands join up and jump must go through the loop in arms. Three tries per jump.

7. ᖃᓕᕆᔨᒃᑲ ᐊᑦᓗᐃᑕᔨᓂᖅ

ᐊᑐᒪᖏᑦ: ᓴᓂᐅᑎᑦ ᐃᐳᖓᒪᓂᖅ.

ᐱᒋᐊᕐᓂᖓᒪ: ᐃᑎᒪᑎᑦ ᑲᑎᒪᓗᒋᑦ, ᓴᓂᐅᑎᑦ ᐃᐳᖓᒪ ᐃᓕᓴᖅᑐᑦ ᑎᒍᒥᐊᕐᓗᒍ, ᐃᓕᓴᖅᑐᑦ ᓴᓂᒪᑦ ᓱᓕᓕᑎᓕᓴᒍ ᑎᒍᒥᐊᕐᕕᓂᑦ.

ᐊᐅᓚᓂᖓᒪ: ᐊᒪᑎᑦ ᖃᐅᔨᑕᐃᓕᓚᓂᒋ ᓴᓂᐅᑦ ᖃᑭᕐᖃᓴᓕᑎ ᐊᑎᕐᕿᑎᑦᑲᓕᐊᕐᓗᒍ ᐊᓕᒻᒥ ᐅᑎᒍᑦ ᓄᖃᑕᐃᓕᓚᐊᕐᓗᑎ.

ᐊᔪᖏᓂᖓᑦᑲᒃ: 2 ᐃᓐ ᑎᒍᒥᐊᕐᓂᓕᕆᐃᑦ ᐅᖃᐅᔨᒍᓂᓕᕐᖃᖅᑐᕐᓗᒍ ᐱᑎᐊᕐᖃᓖᑦ ᖃᖅᑐᓕᕐᖃᓕᕐᓂᐊᕐᓗᒃ ᐊᔪᖏᓕᓂᕈᐱᑦ ᐅᑎᒍᒫᓐ ᐱᖃᓗᐃᔨᓐᓂ ᐱᒋᐊᕈᓕᕐᓗᑎᑦ.

Butt Bump

ᐅᑲᐸᑎᖏᓄᑦ ᐊᐅᓪᓚᖅᑎᑎᓇᓕᔪᖏᓂᖅ

8. BUTT BUMP

Equipment: None

Stance and Start: Two partners stand back to back with feet together and butts apart by about 6 inches. Measure the distance by placing your thumb on your butt and reach out with hand and place little finger on butt of partner keeping thumb in place.

Movement: Using butt, try and push opponent off balance. Keep feet in place thrust with butt to touch partner. You cannot look behind you.

Judging and Scoring: Best out of three tries. Person who knocks the most people off balance wins.

8. ᐅᑲᐸᑎᖏᓄᑦ ᐊᐅᓪᓚᖅᑎᑎᓇᓕᔪᖏᓂᖅ

ᐊᑐᐊᔪᑦ: ᐱᑕᖅᓇᐊᖅᑲᓂᑐᖅ

ᐃᓄᐃᑦ ᖃᓪᓗᓈᑦ ᑐᓄᖅᓚᐸᑎᓗᑎᑦ ᐃᑎᒃᖏᑦ ᑲᑎᒪᓗᑎᑦ ᐅᑲᐸᑎᖏᑎ ᐃᒪᖅᖃᑦ 6" ᐅᖅᓚᓯᑲᑎᑎᓗᒍ ᐊᒃᑎᑦ ᐃᓯᕕᖅᓚᓂᑦ ᐅᖅᓚᓯᑲᓂᖅᖏᑦᓂ ᐅᑐᖃᐅᑕᐅᓴᓇᖅᑐᑦ.

ᐊᐅᓪᓂᖏᑦ: ᐅᑲᐸᑎᑦ ᐊᑐᖅᓗᒍ ᐱᖅᑲᑎᑦ ᐊᐅᓪᓚᖅᑎᑎᖃᖅᓗᒍ ᐃᓂᖏᓕᑦ ᐃᑎᒃᑎᑎ ᓯᖅᑯᓯᑦᑕᐃᓕᓂᖃᖅᓗᒍ ᑎᒥᑦ ᐅᑎᖅᑕᑎᓗᒍ ᐅᑲᐸᑎᖏᓄᑦ ᐱᖅᑲᑎᑦ ᐊᑐᐅᖅᑲᑦᑕᖅᓗᒍ ᐱᖅᑲᑎᖏᓄᑦ ᐅᐹᑎᑕᐅᕐᓚᐅᓕᖅᑎᑎᓗᒍ ᐊᑲᓕᑦᑎᓗᒍ ᐃᑎᒃᑎᑎ ᐊᐅᓪᓚᖅᑎᑎᖃᖅᓗᒍ ᑐᓄᖅᑕᑎᓗᒍ ᐱᖅᑲᑎᑦ ᐊᑐᐅᖅᑲᑦᑕᖅᓗᒍ ᐃᓯᕕᖅᓚᓂᑦ ᐅᑲᐸᑎᑦ ᓇᓂᓕᒫᖅᑐᑦ ᐱᖅᑲᑎᖏᑦᑕ ᐅᑲᐸᑕ ᓇᓂᓕᒫᖅᑐᑦ ᖃᐅᔨᓴᓇᖅᑐᑦ.

ᐊᓯᖏᓪᓂᖏᑦᑕ: ᐱᖅᓯᖏᓐᓂᖅᑐᑦ ᐅᑲᐸᑎᑦ ᐊᐅᓪᓚᖅᑎᑎᖃᖅᓗᒍ ᐱᖅᑲᑎᑦ ᐊᑐᐅᖅᑲᑦᑕᖅᓗᒍ ᐃᓯᕕᖅᓚᓂᑦ ᐅᑲᐸᑎᖏᓄᑦ ᐱᖅᑲᑎᖏᓄ

Squat Jump

ᐱᓴᓕᕐᒥᕐᑐᖅ

9. SQUAT JUMP

Equipment: None

Stance and Start: In squat position and hands on hips, have feet slightly apart.

Movement: Move from squat position to knees and back again in quick movements.

Judging and Scoring: The longest time a competitor squat jumps is the winner.

9. ᐱᓴᓕᖅᒥᕐᑐᖅ

ᐊᑐᓚᙵᑦ: ᐱᑕᕐᓂᓪᐊᕐᓂᕆᕐᑐᖅ

ᐊᐅᓪᓗᐊᕐᕿᒃ: ᐊᕐᔪᐃᖅᓯᓗᓂᓄᑦ ᐊᓚᑎᑦ ᕐᔪᑐᕐᓂᓪᓕᑎᒃ, ᐃᑎᓚᑎᑦ ᐊᐃᖅᓱᒪᓕᕆᑦ.

ᐊᐅᓪᓂᓄᕆᑦ: ᐊᕐᔪᐃᖅᓯᒪᓚᐃᑦ ᓱᕐᔪᒥᐊᖅᓯᕐᓕᑎᑦ ᐊᓴᒪ ᐅᑎᕐᓕᑎ ᐊᕐᔪᐃᖅᓯᕐᕕᓕᑎᑦ.

ᐊᔪᖅᓯᓄᕆᑦ: ᑕᐃᒪᓐᓇᐃᓕᐅᔪᓐᓇᖅ ᓴᓐᖅᓱᓄᐊᕐᑐᖅ ᐊᑯᓄᐅᔪᓐᓇᖅ.

67

Sitorktaq ᓯᓚᑐᖅᑕᖅ

10. SITORKTAQ

Equipment: None

Stance and Start: In squat position with hands free.

Movement: Legs are thrust out in front alternatively (similar to Russian type dancing).

Judging and Scoring: The person who kicks the longest is the winner.

10. ᓯᓚᑐᖅᑕᖅ

ᐊᑐᓵᓴ: ᐱᑕᖅᓂᐊᖅᑲᑎᑦᑐᖅ

ᐊᐅᓪᓗᐊᖅᐱᐊ: ᐊᖅᑯᐱᖅᓵᑎᑦ.

ᐊᐅᓪᓂᖏᑦ: ᐃᑎᓕᑎ ᓯᑐᖅᑕᖅᓴᒥᑦ ᖃᓕᒥᐅ ᒪᒥᖅᐸᒪᑕᑐᓗᐊᕐᑭᑐ.

ᐊᓱᖏᓂᖏᑦ: ᓯᓚᑐᖅᑕᖅᑲᐅᓪᓗ ᓴᓪᓕᖅᖢᓂ.

11. TWO STRIDE JUMP

Equipment: None

Stance and Start: From a running start, competitor approaches line.

Movement: Competitor jumps from a set line with a two stride jump landing on one foot for the first jump and two feet on the second. Take off is on one foot.

Judging and Scoring: The farthest jumper wins.

11. ᒥᓯᔪᖅ ᐊᖅᓴᓂᓂ ᒪᑭᐃᓂᓂ ᒥᓯᖏᓂᖅ

ᐊᐅᓪᓗᐊᖅᐱᑦ: ᐱᑕᖅᓂᐊᖅᑲᑎᑦᑐᖅ

ᐊᐅᓪᓗᐊᖅᐱᐅᒃ: ᐅᓪᓴᓂᓂ ᒥᓯᕈᐊᖅᓂᐊᖅᑐᖅ.

ᐊᐅᓪᓂᖏᑦ: ᐱᔪᓕᐅᓱᐊᖅᑐᑦ ᒥᓯᓴᓂᓂ ᐊᖅᑯᐱᖅᓵᑎᑦ ᐊᖅᑯᐱᖅᓵᑎᑦ ᐊᖅᑯᐱᖅᓵᑎᑦ ᓴᓪᓴᓂᓂ ᒪᑭᐃᖅᓂᐊᓂ ᐃᑎᓕᖅᓴᒪᑦ ᐊᑕᐅᓯᖅᓴᒪᑦ ᑐᑦᓂᓂ ᓯᐅᓪᓂᖅᒥᑦ ᒪᖅᑭᖅᓴᒪᑦ ᑐᑦᓂᓂ.

ᖃᓪᓚᖅᓂᖏᑦ: ᐅᖏᓕᓯᖅᓴᒪᑦ ᒥᓯᐅᑐᑦ ᖃᓪᓚᖅᓂᐊᓗᐊᕐᑭᑐ.

Sealskin/Caribou Skipping ᖃᑭᓴᒥ ᖃᑭᑕᖅᓂᖅ

12. SEALSKIN/CARIBOU SKIPPING

Equipment: Long skipping rope with a sealskin or caribou skin wrapped around the middle of rope. The sealskin or caribou hide measures at least one foot thick.

Stance and Start: Two persons hold rope and swing it back and forth. Competitors must jump into the swing and begin jumping.

Movement: The rope is swung back and forth without going over the head of competitor. Competitor must jump over the rope where the skin is always facing the rope. He cannot jump sideways. On third or fourth swing, rope goes over head of competitor.

Judging and Scoring: Winner is declared by greatest number of jumps (continuous). The rope can touch the jumper, as long as the jumper maintains balance and keeps jumping.

12. ᖃᑭᓴᒥ ᖃᑭᕐᑕᖅᓂᖅ

ᐊᑐᒪᓱᑦ: ᐊᖅᓄᓇᖅᑎ ᑕᑭᔨᒥ ᖃᑭᓴᒧᑦ ᐃᓄᓕᕐᓂᒍᒪᓄᑦ 1ᐱᑦ ᐊᒪᓄᑎᓄᑦ ᖃᑭᓴᖅ ᐃᓱᓴᑎᑎᒍ ᖃᑭᓕᓱᒪᐱᑎᓄᑦ.

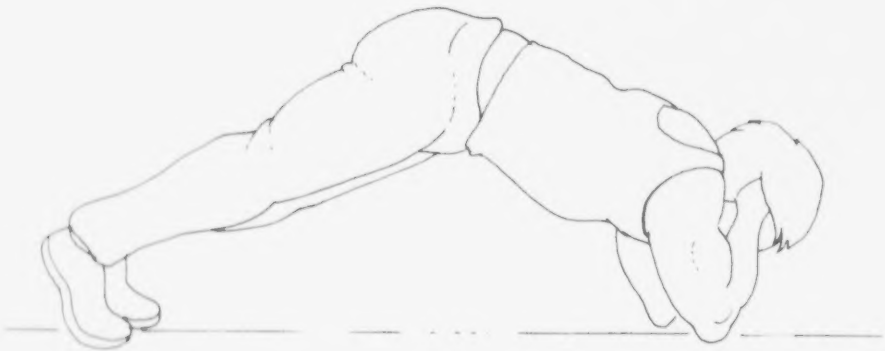
ᐊᐅᓕᓇᐊᖃᐱᖅ: ᖃᑭᓴᖅ ᐊᖅᓄᓇᓕᖅ ᐃᓄᓴᖅᓄᑦ ᒪᑭᖅᓄᑦ ᑲᐃᐱᑎᑎᐅᓄᓂᖅ ᐱᒍᔨᐊᐅᑦᑐᖅ ᖃᓄᑦᑕᒪᑦᓂᓂ.

ᐊᐅᓕᓂᖅᑕᑦ: ᐊᖅᓄᓇᖅᑐ ᐅᑎᖃᑎᑎᐅᓄᓂ ᐅᑎᖃᑎᑎᐅᓂᖅᓴᓂᖅ ᐱᒍᔨᐊᐅᑦᑐᖅ ᖃᑭᓴᖅ ᓴᓇᐃᓕᓄᑦᓄᓂ ᓴᖅᓇᐃᓕᓄᓄᑦᑐᑦ ᖃᑭᓴᐅᑦ ᐊᐅᓕᑎᐅᓂᖅᓴᖅ 1, 2, 3, ᐅᑎᖃᑎᓄᓂ ᓴᑎᒪᖅᓇᓂ ᓂᐊᖃᑦᑕ ᖃᓄᑦᑕᓄᓂ.

ᓴᓇᙱᐅᑎᑦ: ᖃᑭᑕᓄᐊᓕᖅᑐ ᓴᓇᒪᓴᓄᓂ. ᐊᖅᓄᓇᖅᑐ ᐃᑎᒪᖅᓂᒃ ᐊᖅᑐᖅᓴᒪᓕᓄᐊᖅᑕᑦ ᖃᓄᖅᐃᐃᖅᑐᑐᖅ ᑭᓴᐊᓂ ᖃᑭᑕᐃᓇᓂᐊᓕᖅ ᐅᓱᑕᐃᓕᓄᓂ.

Elbow Walk

ᐃᑯᓯᖏᒍᑦ ᐱᓯᓂᖅ



13. ELBOW WALK

Equipment: None

Stance and Start: Lying flat on stomach, competitor grabs ears so that elbows are upright and feet are together.

Movement: Lifting body completely off floor, weight is placed on elbows and toes. Walk in this position for as far as possible.

Judging and Scoring: Winner is measured by farthest distance walked. Body cannot drop to floor.

13. ᐃᑯᓯᖏᒍᑦ ᐱᓯᖏᓂᖅ

ᐱᔪᕆᐅᑎᑦ ᐊᑐᖅᑕᐅᕆᓇᐊᓕᓪᓕᑦ: ᐱᑕᖅᑲᓇᐊᖅᑲᖏᑐᖅ

ᐊᐅᑦᓇᐊᐱᐅᖅ: ᐸᒪᖏᓗᓂ ᓇᖅᒍᑦ ᑐᖏᖏᓗᓂ, ᐱᒃᔨᑐᖅ ᓯᐅᑎᒋᓂ ᓇᖏᒋᓂᖅ ᑎᔪᓗᓂ ᐃᑯᓯᖏᓐ ᖅᑯᒍᖏᓐᓂᐊᒪᑎᓐ ᐊᓪᒪᓗᒍ ᐃᑎᒪᖏᓐ ᑲᑎᒪᓗᓂᖅ.

ᐊᐅᓚᓂᖏᑦ: ᑎᒥᒋᓂ ᖅᑲᖏᒃᑕᖅᑎᑎᓗᓂ ᓇᑎᖅᒋ, ᐃᑯᓯᖏᑦ ᐳᑐᔨᖏᖅᓗ ᑐᖏᓕᓗᓂ ᐊᑐᓪᓕᓪᓗᑎᓐ ᐊᓪᒪᓗᒍ ᑲᑎᒪᓗᓂᖅ.

ᖃᓄᖅᓂᖏᑦ: ᑕᐃᓪᓇ ᐅᖏᓗᓯᖅᓯᒍᑦ ᐱᓯᖏᑐᖅ ᖃᓄᖅᓂᐊᓗᓂ. ᑎᒥᖏᓐ ᓇᑎᖅᒍᑦ ᑲᑕᒋᐊᖅᑲᖏᑐᖅ.

Knee Walk

ᓯᕐᕋᖅᓂᓪᑕ ᐱᓱᒍᓂᖅ

14. KNEE WALK

Movement: Competitors get down on knees and grab feet behind back lifting them off the floor. In this position, competitors walk on knees for as far as possible. The farthest knee walker is the winner. The feet cannot touch the floor.

14. ᓯᕐᕋᖅᓂᓪᑕ ᐱᓱᒍᓂᖅ

ᐊᐅᓪᓚᖅᑎᑦ: ᐱᒃᒍᕕᐅᓴᐊᖅᑐᖅ ᓯᕐᕋᒥ ᐊᖅᓚᓗᒃ ᐊᓂᓚᓪ ᐃᑎᓗᓂ ᑎᒍᓪᓂᒥᑦ ᑐᓂᓕᓂᒥᑦ ᓯᕐᕋᖅᑭ ᓇᑎᒥᖅᓇᓪᑎ, ᐱᓱᒍᑎᓂᓂᐊᒪᒥᑦ. ᑕᐃᒪᓇᐃᓕᖅᓯᓪᓂᓂ, ᐱᒍᕕᐅᓴᐊᖅᑐᑦ ᐅᖅᓚᓱᓪᓕᖅᑐᑦ ᐱᓱᒋᐊᓪᓚᑎᒃ. ᑕᐃᒃᓇ ᓯᕐᕋᒥ ᓂᓪ ᐅᖅᓚᓱᓪᓕᖅᑐᑦ ᐱᓱᓴᖅᑐᖅ ᐃᓕᓴᒃᓵᓂᖅᐊᖅᓯᓪᓂ. ᑕᐃᒪᓇ ᐱᓱᒍᓪᓂ ᐃᑎᖃᖅᑎᑦ ᓇᑎᖅᑭᒪᑦ ᐊᐅᑐᑕᐃᓕᓴᐅᓂᖅ.

15. MISIQTUKTUT (SKIPPING)

Equipment: Long skipping rope

Movement: One or more jumpers may skip at a time. Jumpers hop from one leg to the other, alternating feet at each turn of the rope.

Judging and Scoring: The person who jumps the longest and fastest wins.

15. ᒥᓱᐅᑦᑐᖅ

ᐊᑐᖅᑕᐅᓴᐃᓕᓴᐅᓂᑦ: ᑕᑭᓭᒥ ᐊᖅᓯᓇᓴᒥ

ᐊᐅᓚᓱᖅᑎᑦ: ᐊᑕᐅᓱᓯᔪᓂᑦ ᐅᑉᓴᔪᓰᖅᓂᑦ. ᒥᓱᐅᑦᑐᖅ ᐊᒥᓱᒥᐊᓪᓚᑎᒃ ᒥᓱᐅᑕᑭᓇᓴᖅᑐᑦ. ᒥᓱᐅᑦᑐᖅᓯᓪᓂ, ᐃᒪᓪᐃᓇᓴᖅᑭᑦ ᐊᖅᓚᓗᓪ ᐃᒪᓪᐊᓇᓂᑦ ᑐᑎᖅᑕᑦᓯᓪᓂ, ᑲᐃᐱᐊᓂᑲᖅᑭᑦ ᐊᖅᓯᓇᓴᒥ.

ᖃᓪᓗᓂᖅᑎᑦ: ᑕᐃᒪᓇ ᐃᓂᒃ ᒥᓱᐅᑕᒍᓪᓚᖅᓴᖅ, ᐊᑯᓂᐅᓪᓕᖅᓴᖅ ᐊᖅᓚᓗᓪ ᐱᐊᓪᓚᓴᖅᑐᓪᓂ.

Stick Walk

ᖃᓕᓴᖅᓯᒪᓕᖅ ᑎᒍᒥᐊᖅᓱᓂᓂ ᐱᓗᒃᓂᖅ

16. STICK WALK

Equipment: Broom handle

Stance and Start: From a set line, the competitor grabs the broom handle with fists at a comfortable distance apart.

Movement: Still holding onto the broom handle, the competitor gets into a handstand position and walks on his knuckles still holding the broom. If successful, bring hands together an inch so that maintaining balance becomes harder.

Judging and Scoring: Three tries are given. The person who goes the farthest distance with their hands closest together is the winner.

16. ᖃᓕᓴᐅᓕᒥ ᑎᒍᒥᐊᓱᓂᓂ ᐱᓗᒃᓂᖅ

ᐊᑐᖅᑕᐅᔨᓇᐊᓕᓂᒃ: ᓴᓂᐅᑎᑎᐅᑦ ᐃᐳᐊᓂᓂ ᐃᓱᒪᓕᖅ

ᐊᐅᓪᓇᐊᐱᒃ: ᑎᑎᖅᓴᕐᒪᓕᒥᑦ ᐊᐅᓪᓇᐊᓱᓂᓂ, ᑕᐃᒪᓐ ᐃᓐᓂᒃ ᐱᒍᑎᐅᓕᐊᑦᑐᖅᒃ ᓴᓂᐅᑎᑎᐅᑦ ᐃᐳᐊᓂᓂ ᐃᑦᓗᑦᑐᑦ ᑎᒍᓕᓂᓂ ᐊᒃᖅᑎᒃ ᐃᓗᐊᓇᔭᒥᓂᒃ ᐅᖅᓴᓕᕆᖅᓂᖅᖅᓴᒃ ᑎᒍᒥᐊᖅᓱᒍ.

ᐊᐅᓪᓂᖅᑎᑦ: ᓴᓂᐅᑎᑎᐅᑦ ᐃᐳᐊ ᑎᒍᒥᐊᖅᓱᒍᒍ ᓯᓂ, ᐱᒍᑎᐅᓕᐊᑦᑐᖅᒃ ᐊᒃᒥᓐᓂᑦ ᓀᖅᓴᕐᓴᓕᓂᓂ, ᐊᓪᒪᓗᓂ ᐊᒃᖅᑎᑦ ᐃᒪᖅᓴᐃᓀᓗᒥᑦ, ᓴᓂᐅᑎᑎᐅᑦ ᑎᒍᒥᐊᓗᒍ ᐱᓯᒪᓂᓂ ᐊᒃᖅᑎᒥᓐᓂ ᐃᐳᐊ ᑎᒍᒥᐊᓗᒍ ᐱᓯᒪᓂᓂ ᐊᒃᖅᑎᒥᓐᓂ, ᐊᓯᖅᓯᐸᑦ, ᐊᒃᖅᑎᑦᑕ ᐊᑯᑐᓂᖅᓯᐊᑦᑐᖅᒃ ᐊᓪᓚᒃ 1", ᒪᑭᑕᓂ ᐊᓯᓀᓂᓴᐅᓕᓂᓂᐊᖅᒪᑦ.

ᐊᓯᖅᓂᓂᖅᑎᑦ ᖃᐅᐅᔨᓴᑕᐅᓂᖅᑎᑦ: ᐃᓀᒃ ᐱᖅᓴᓯᐃᓀᓂᓂ ᐅᐊᒍᓀᓂᓂ. ᑕᐃᒪᓐ ᐃᓀᒃ ᐊᒃᖅᑎᑦ ᖃᐅᓂᓯᒍᑎᓪᖅᒍᓀᑎ ᐱᓯᒃᒍᖅᒃ ᐊᓪᒪᓗᓂ ᐅᖅᓴᓕᓯᒪᖅᓯᐊᑦᑐᓂᓂ ᓴᓪᓕᓴᓂᓂᐊᖅᑦ.

Missittanguak (Window Jump)

ᒥᓯᑦᑕᖅᓴᐅᓕᖅ (ᐃᓚᒥᖅᓗᒃ)

17. MISSITTANGUAK (WINDOW JUMP)

Equipment: Igloo ice window or frosted glass window

Stance and Start: Two posts are placed in the wall of the igloo right in front of the ice window. Three small dots are made on the window with a warm fingertip. Each dot is about an inch apart, one higher than the other.

Movement: Players grab the posts and jump from a standing position placing the tongue on the window as close to the top dot as possible.

Judging and Scoring: The mark left by the tongue is easily noticed. The person who reaches the highest with their tongue is the winner. Sometimes this is done without the posts requiring more leg strength.

17. ᒥᓯᑦᑕᖅᓴᐅᓕᖅ (ᐃᓚᒥᓗᒃ)

ᐊᑐᓇᐊᓯᓪᒃ: ᐃᓕᓴᐃᒪᓐ, ᐅᑭᐹᓴᓂᑦ ᐃᓚᒥᓪᓗᒃᑐᑦ ᐃᓴᓂᒪᓴᓗᒍ.

ᐊᐅᓪᓚᓇᐊᐃᓐᖅ: ᐃᓚᒥᓐ ᐅᓐᖅᓂ, ᐅᑭᑎᐊᖅᓂ, ᓇᐸᓴᓂ ᒪᑭᖅᓂᖅ ᓇᐸᓴᖅᓴᓗᒍ. ᐃᓚᒥᑦ ᐸᑐᓂᒪᓂᖅᓗᑭ ᑎᑭᓴᒧᑦ ᓇᓗᐃᑦᑐᐃᓗᓂ ᓴᑦᒥᓪᒥᓂᒧᑦ ᐃᒪᓴᒃ 1" ᐅᖅᓂᒋᑎᑎᒧᑦ, ᐃᓚᒥᓴᒃ ᐊᓕᖅᓄᑦ ᐅᓇᓂᖅᓂ ᓇᓗᐃᑦᑐᐃᓐᓗᓗᒍ.

ᐊᐅᒥᓂᖅᓂ: ᓴᑭᑎᐅᑐᑦ ᓇᐸᓴᒃ ᑎᒍᓗᓂᒋᐅᓴ ᓴᑦᒥᓗᒧᑦ ᒥᓴᓗᒍ, ᐅᓴᖅᑎᓗᒃ ᓇᓗᐃᑦᑐᐃᓐᓗᓗᒍ ᓴᑦᒥᓪᓕᐸᓴᖅᓂ ᓴᐅᓂᒪᖅᒋᐊᓗᓂ ᓇᓗᐃᑦᑐᐃᑎᑎᒋᐊᓗᓂ.

ᐊᓪᓚᑦᑎᓂᖅᓴᐅᓕᖅᑐᑦ ᓴᐅᓂᐅᑐᑦ: ᓇᓗᐃᓴᖅᓪᓚᒃ ᐊᑭᓐᓂᒃᑐᑦ ᐃᓚᒥᑦ ᐊᑐᑐᓂᒃᑐᑦ ᓴᐅᓂᒪᖅᒋᐊᓗᓂ ᐃᓚᒥᓐ ᐊᑐᑐᓂᒃᑐᑦ

18. HEEL KICKS

Stance and Start: Players stand on floor with feet slightly apart.

Movement: Players jump straight up in the air from two feet and click heels together in mid-air. Continue to do this until your endurance gives up. Planting feet farther apart makes it harder.

19. HAND WALK

Competitors go into a handstand position and walk on their hands for as far as possible. The longest hand walker wins. The feet cannot touch the floor.

18. ᑭᖅᑎᑭᒃ ᐊᓐᑐᖅᑕᓗᑎᒃ

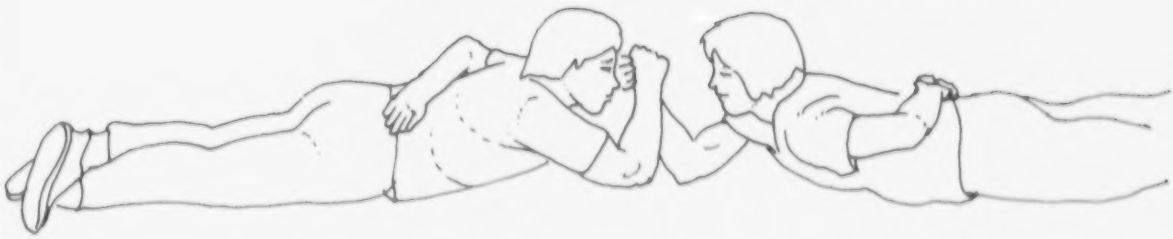
ᐊᐅᓚᖏᐊᕕᓐᓄᑦ: ᖃᑎᓐᑐᑦ, ᐃᑎᒪᖅᑎᑦ ᑲᑎᒪᖅᓗᑎᑦ, ᓇᑎᖅᑕ ᓇᖅᓗᑎᓐᓄᑦ.

ᐊᐅᓚᓂᖅᑎᑦ: ᖃᑎᓐᑐᑦ ᖃᓚᑦᔪᑎᑦ ᓇᑎᖅᑕᑦ, ᖃᖅᑲᒪᒥᑎᒃᓴᓐᓄᑦ ᑲᓇᑕᐅᓂᖅᐸᑎᓗᒃ. ᑕᐃᒪᓐᓇ ᖃᓚᑦᑕᓗᓐᓄᑦ ᑲᓇᑕᑎᑦᓴᐅᓗᒃᑐᑎᓗᒃ ᐊᔪᓚᑦᑎᒃ ᓄᖅᑲᑎᑦ. ᐃᑎᒪᖅᑎᑦ ᐅᖅᓚᓯᓂᔾᔪᐅᓚᖅᑕ ᐊᔪᓇᓂᔾᔪᐅᓴᓐᓄᑦ.

19. ᐊᒻᒪᑦ ᐱᓯᖅᓂᖅ

ᐱᔭᕆᐅᔪᐊᖅᑐᑦ ᓇᖅᑎᓯᓗᑎᒃ ᐊᒻᒥᓂᒃ ᐊᑐᖅᓗᑎᒃ ᐊᓕᒪᓗ ᓇᓪᓕᓗᑎᑦ ᐊᑐᖅᓗᑎᒃ ᐅᖅᓚᓯᓪᓕᑦ. ᑕᐃᓕᓇ ᐅᖅᓚᓯᓪᓕᑦ ᐱᓯᐅᑐᖅᑕᓗᑎᒃ ᓴᓚᐅᓂᒃᓴᐊᓗᑎᓪᓂ. ᐃᑎᒪᖅᑎᑦ ᓇᑎᖅᓗᑦ ᐊᐅᑐᖅᑕᖅᑲᖅᑎᑦ.

Wrist Twist ᐊᓚᐅᑎᖅᓴᓂ ᖃᐱᑎᓕᐊᖅᓂᖅ



1. WRIST TWIST

Equipment: None

Stance and Start: Two competitors lie on floor facing each other on their stomachs. Each grab right hands with other arm behind back. Right elbows are resting on the floor.

Movement: On signal, opponents try to twist each other's arm to floor. Legs are crossed.

Judging and Scoring: The best out of three attempts. If legs become uncrossed, the twist must be redone. The elbows should not be lifted off the floor during play.

1. ᐊᓚᐅᑎᖅᓴᓂ ᖃᐱᑎᓕᐊᖅᓂᖅ

ᐊᑐᓚᕐᓂ: ᐱᑕᖅᑲᕈᑕᑐᖅ

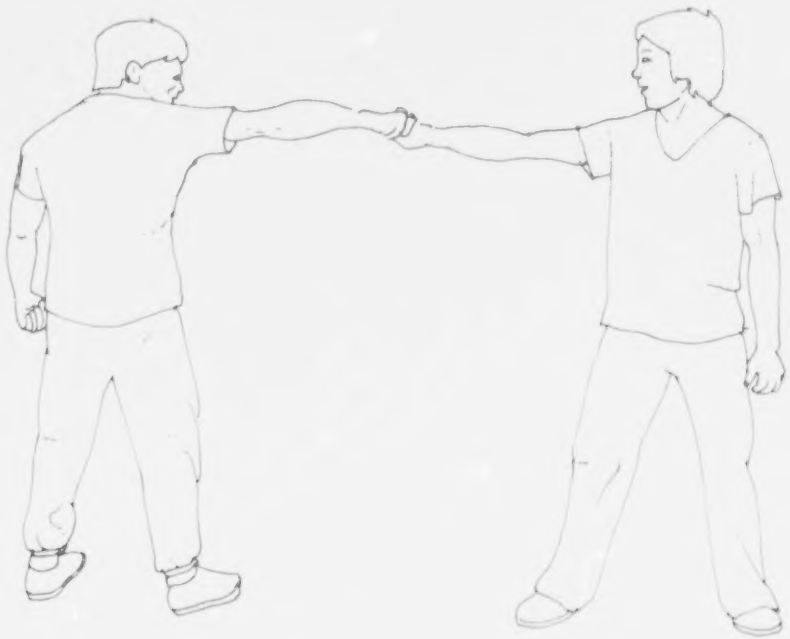
ᐊᐅᓪᓚᓇᐊᖅᐱᐅ: ᐱᖅᔪᐊᖅᓂᐊᖅᑐᑦ ᓴᖅᓚᔨᑎᓗᑎᒃ ᓇᑎᖅᒥ ᕿᒪᖅᓗᑎᒃ ᑕᓕᖅᐱᒥ ᓇ ᑎᔪᔨᑎᓗᑎᒃ ᓴᐅᒥᖅᑕ ᑐᓇᐊᓂᓗᑎᒃ ᐃᓱᓕ ᐱᔪᓴᐅᔨᐊᓂᐊᖅᑐᑐᑦ ᐃᓗᑎᒃ.

ᐊᐅᓚᓂᖅᑕ: ᐱᖅᑕᑕ ᑕᓕᖅᓚ ᓇᑎᖅᓗᑦ ᖃᐱᑎᓕᐊᖅᓗᔪ ᐃᓱᓕᖅᑕ ᓇᑎᖅᒥᑦ ᖃᖅᓚᑦᑕᐃᓕᓗᒥᑦ.

ᐊᔨᖅᓂᖅ: ᐱᖅᓴᓇᐃᖅᓗᓂ ᐊᒥᓇᐃᓚᖅ ᐃᑎᓚᖅᑕ ᐱᐅᓴᓕᔨᖅᓂᖅ ᑭᓴᓇᒪᔨᖅᓂᕐᑕᑦᑕᑦ ᐱᐅᑎᓚᔨᖅᓂᕐᑕᑦᑕ ᐱᒥᐊᒃᓂᖅᓗᓂ.

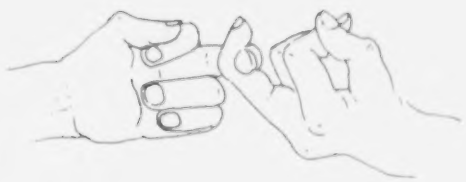
Finger Twist

ᖃᑎᖅᓯᕐᓂᐅ ᖃᐱᑎᓕᓗᒍ



Close Up

ᖃᓄᐃᑦᑐᑦ ᑕᐃᓗᒍ



2. FINGER TWIST

Equipment: None

Stance and Start: Both competitors stand facing each other with arm fully extended (either arm may be used). Lock middle fingers of the right hand with feet at comfortable distance.

Movement: On signal, opponents try to twist finger to the left or right until opponent gives up. Then try other hand.

Judging and Scoring: The best out of three tries for each hand.

2. ᖃᑎᖅᓯᕐᓂᐅ ᖃᐱᑎᓗᒍ

ᐊᑐᓚᕐᕋᑦ: ᐱᑕᖃᓄᓕᐊᖃᓄᐃᓕᑐᖅ

ᐊᐅᓪᓚᕆᓕᐊᕐᐱᐅᖅ: ᐱᖃᓚᕐᓂᑎᒃ ᓇᖅᓂᑎᒃ ᑕᓪᓕᖅᑕ ᐃᕐᖃᓚᓂᑎᒃ ᖃᑎᖅᓯᓪᓕᖅᑐᒃ ᑎᒍᑦᐊᑎᓂᑎᒃ ᐃᑎᓚᖅᑕ ᐃᓂᐊᕐᓪᓚᓂᑎᒃ ᓇᖅᑦᓂᑎᒃ.

ᐊᐅᓪᓂᖅᑕ: ᐱᒋᐊᕐᓇᐅᓪᓕᑎᒃ ᖃᑎᖅᓯᓪᓕᖅᑐᒃ ᖃᐱᑎᓕᓗᒍᑦᐊᕐᓂᒃ ᓴᓴᐱᓪᓕᖅᑕᖃᓚᐅᑎᓇᒍ ᓴᐅᒥᒥ ᓄᓐ.

ᐊᓱᖅᑭᓂᖅᑕ: ᐱᖃᓐᓇᐃᓕᓂᒃ ᐊᒥᓱᐃᓕᓂᒃ ᓴᓴᐱᓪᓕᖅᑐᒃ.

Twist Around Stick

ᖃᑭᐊᖃᖅᓯᒍᑦ ᑲᐃᕿᒥᐊᖃᓐᓂᓂ

Start

ᐱᒥᐊᖃᓐᓂᖅ

Action

ᐃᓕᓴᕐᓇ ᐱᖁᐅᕿᑐᖅ

3. TWIST AROUND STICK

Equipment: Broom handle

Stance and Start: Measure tip of broom handle from nose to outstretched hand. With one hand, hold at the point measured and with the other, hold anywhere on the broom handle.

Movement: Place broom handle in front on floor and slowly twist around the handle keeping it firmly on the floor. Feet must also remain in position. If successful, decrease the distance by two inches on broom handle so that the handle is shorter from the distance of the hand to the floor. Head must rotate under arms on twist.

Judging and Scoring: The competitor who can do the most twists closest to the floor wins.

3. ᖃᑭᐊᖃᖅᓯᒍᑦ ᑲᐃᕿᒥᐊᖃᓐᓂᓂ

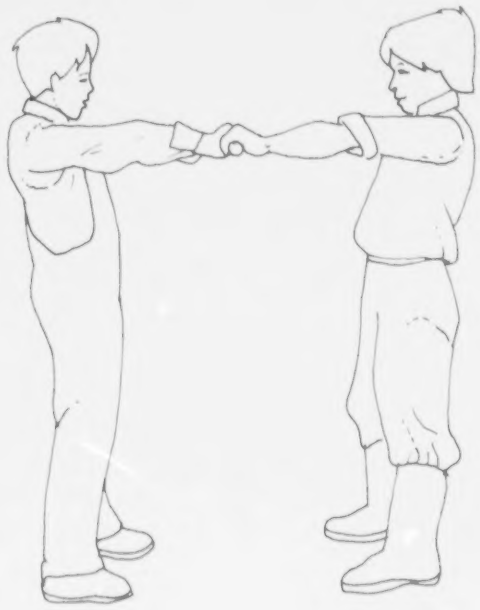
ᐊᑐᓚᒪᓕᑦ: ᓴᓂᐅᑎᑦ ᐃᓱᖏᓂᓂ

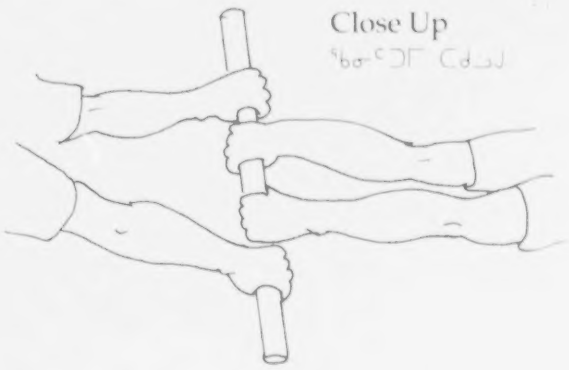
ᐊᐅᓪᓗᐊᖏᕕᐅ: ᑕᒥᖏᑦ ᐃᓱᖏᓂᖏᓂ ᐅᓱᑐᔪᑎᖏᕕᓂᑦ ᓴᓂᐅᑎ ᑕᖅᓂᖏᓂ ᐃᓱᖏᓂ ᑎᓪᓗᔪ ᐅᓱᑐᖏᕕᐅᓂᑦ ᐱᖏᑎᖏᓐᓂ ᓇᒪᖏᑐᐃᓇᓪᓗᔪ.

ᐊᐅᓚᓂᕆᒃ: ᖃᑭᐊᖏᓂ ᓄᖏᓇᐊᖏᓪᓗᔪ ᑲᐃᕿᖏᑎᐊᖏᓪᓗᔪ ᐊᓚᑎᑦ ᐃᑎᓚᑎᓪᓗᔪ ᓄᖏᕕᖏᑎᑕᐃᓇᓪᓗᑦ ᐊᓂᖏᑎᑐᐊᖏᑦ 2ᐃᓱᖏᓂ ᖃᓂᒪᐊᖏᓪᓗᔪ ᐊᓂᖏᑎᑐᐃᓇᓪᓗᑦ ᐊᓂᓇᓂᐊᖏᓪᓗᔪ ᓴᓂᐅᑎᑦ ᑕᒥᖏᑎᑕ ᐊᑕᑐᓚᐊᓂᖏᑦ.

Stick Twist

ᑲᐃᐸᑎᑭᐊᖅᓂᖅ ᖃᓕᐊᖅᓴᖏᑦᑐᑦ





Close Up

ᖃᓚᓂᒃᑐᑦ ᑕᐅᓗᒍ

4. STICK TWIST

Equipment: Broom handle

Stance and Start: Two competitors face each other standing. The broom handle is held by both competitors with one person having outside grip and the other person having inside grip of both hands. Feet are at a comfortable distance apart.

Movement: With forward rotation curl, try to twist opponent's hands downwards. Knuckles are facing up and the curl will force knuckles back towards the chest of opponent. Switch grip..

Judging and Scoring: Flip a coin to determine first grip. Best out of three attempts.

4. ᑲᐃᐸᑎᑭᐊᖅᓂᖅ ᖃᓕᐊᖅᓴᖏᑦᑐᑦ

ᐊᑐᒪᓴᒃᑲᑦ: ᓴᓂᐅᑎᑎ ᐃᐳᐊᓂᖅ

ᐊᐅᓪᓚᓇᐊᖅᐱᐅᖅ: ᐱᒃᒍᖅᓂᐊᖅᑐᑦ ᐃᖏᑲᓕᑎᓗᑎᒃ ᓴᓂᐅᑎᑎᐅᑦ ᐃᐳᐊᓂᖅ ᑎᒍᒥᐊᖅᓗᑎᒃ ᐱᖅᑲᑕ ᐊᒪᖅᑭᑦ ᐃᓗᓪᓂᕆᐅᓗᑎᒃ ᐱᖅᑲᑕ ᐊᒪᖅᑭᑦ ᓯᓚᑕᓂᓗᑎᒃ ᐃᑎᒪᖅᑭᑦ ᓇᖅᑎᓂᖅ ᐃᓗᐊᓇᕆᖅᓴᖏᓂᖅ ᐅᖅᓱᓯᖅᑕᖅᑎᑦᓯᑎᓗᑎᒃ.

ᐊᐅᓚᓂᖅᑭᑦ: ᐱᒃᒍᔨᐊᖅᑐᑦ ᑕᒪᖅᑎᒃ ᓴᓂᐅᑎᑎ ᐊᒪᒋ ᑭᐳᖅᑕᐅᑎᕐᓂᖅᓇᒃᑐᑦ.

ᐊᓯᖅᓂᓂᖅᑭᑦ: ᑭᐊ ᐊᒪᖅᑭᑦ ᐃᓗᓕᐅᓂᐊᖅᓪᓚᖅᒪᑕ ᒪᑭᑕᑭᓇᓴᒃᑐᑦ ᐱᖅᒪᓯᐃᓴᓗᓂᓂ ᐊᒥᓯᐃᓴᓂᖅᓂᕐᓴᖅ ᓴᓪᓚᖅᓂᐊᖅᓴᖅᑐᑦ.

5. NECK TWIST

Equipment: None

Stance and Start: Two competitors kneel on floor side by side on given line with inside knees touching. Knees can be spread at a comfortable distance. Players grab each other around the neck with inside arm and clasp their free hand in front by chin of opponent.

Movement: Using arm strength, both competitors try and twist or flip opponent over the line. First grab (position of arms) is decided by flip of coin.

Judging and Scoring: Best out of three attempts.

5. ᖃᐅᖅᑕᓯᓂᐊᔪᑦ ᐊᐅᓪᓚᖅᑎᐊᖃᖅᓂᖅ

ᐱᑎᐊᖃᐱᖅᓯᖅ: ᐱᔪᓕᐊᖃᓂᐊᖅᑐᑦ ᓇᑎᖃᑦ ᓯᖃᐹᒥᐊᖅᓚᓗᑎᒃ ᓯᖃᐹᖅᑕᑦ ᐊᒃᑐᐊᓕᔪᑎᓚᓗᑎᒃ ᐊᒃᑐᐊᓕᔪᑎᖅᑕᑐᑦ ᓯᖃᐹᖅᑕᑦ ᓇᒪᑎᓴᖅᓴᓂᐊᖃᓪᓚᑦ ᖃᐅᖅᑕᓯᓂᐊᔪᑦ ᐃᓕᓴᕐᔪᑎᓚᓗᑎᒃ ᐃᓚᓗᐊ ᑕᖃᓗᖅᓂᓄᐊᓗᔪᑦ.

ᐊᐅᓪᓚᓂᖅᓯᖅ: ᐱᖃᓄᑎᒥᓂ ᐊᐅᓪᓚᖅᑎᑎᐊᖃᖅᓗᓂ ᓇᓗᓇᐃᔅᓯᕐᒪᓕᕐᔪ ᓴᓂᐊᓂᓕᓄᑦ ᑭᓇ ᐃᖃᓄᖅᓴᓂᐅᓂᐊᖃᖅᓪᓚᖅ ᒪᑭᑎᔪᓇᖃᖅᑐᑦ.

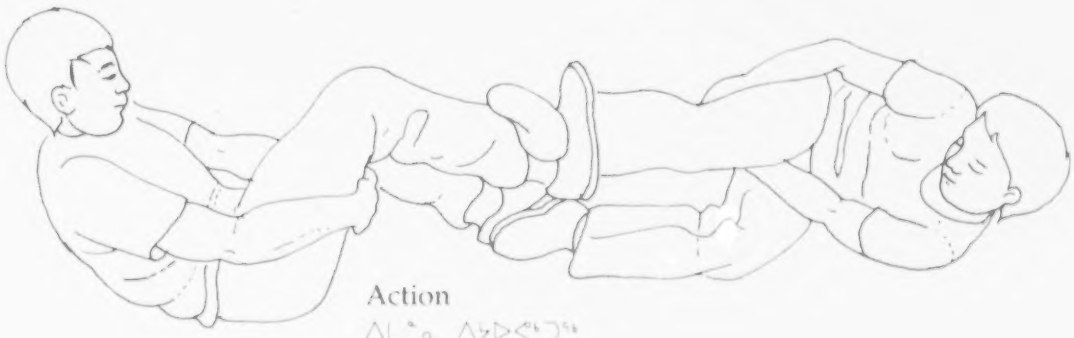
ᓴᓪᓕᐊᐅᑎᑦ: ᐱᖅᓯᓂᐃᖃᖅᓗᓂ ᐱᓚᔪᓂᖅᓴᖅᑐᑦ.

Leg Twist

ᓂᐅᐳᖅᓄᑦ ᓄᑦᑐᓕᑎᒃ ᒪᑭᖅᓇᓱᐅᑦ

Start

ᐱᒋᐊᕐᓂᖅ



Action

ᐃᒪᖅᓇ ᐱᖃᐅᓪᓚᖅ

6. LEG TWIST

Equipment: None

Stance and Start: Both opponents lay flat on floor on their sides facing in opposite direction. The foot which is resting on the floor (closest to the floor) is matched with opponent's same foot from toe to heel. The other foot is hooked with opponent's foot. Both hands are grabbed under the knees.

Movement: Using body strength, try to flip opponent and make him sit up, or lose ankle grip. Switch legs.

Judging and Scoring: Hands must come loose from under knees. Best out of three attempts.

6. ᓂᐅᐳᖅᓄᑦ ᓄᑦᑐᓕᑎᒃ ᒪᑭᖅᓇᓱᐅᑦ

ᐊᑐᒪᓴᑦ: ᐱᑕᕐᑲᓂᐊᕐᓂᐊᕐᑐᑦ

ᐱᖅᑎᐊᕐᕕᖅᒪ: ᐱᒃᔪᓴᐊᕐᓂᐊᕐᑐᑦ ᓇᒻᓪᓚᖅᓗᒃ ᓇᑎᑦᑎ ᐊᑕᐅᑎᒃᓄᑦ ᐃᖅᒪᖅᓗᒃ ᐊᑕᐅᓱᕐᒧᑦ ᐃᑎᒪᒃ ᕐᒃᓱᖅᒪᓂᕐᕿᕐᕐᒃ ᓂᐅ (ᕐᒃᓂᓪᕐᒃ ᓇᑎᕐᒧᑦ) ᐊᐳᑎᖅᓂᒃ ᐊᕐᖅᕐᓱᒪᓗᑦ ᐃᑎᒪᖅᑎᑦ. ᐃᑎᒪᐅᐳᑦ ᐱᕐᒃᑕᓄᑦ ᐃᒃᓗᐅᑦ ᐊᒪᒃᑎᒃ ᓱᑦᓄᕐᐱᕐᑦ ᐊᑕᓄᑦ ᑎᒍᑦᓗᑎᑦ.

ᐊᐅᓪᓂᖅᑦ: ᓄᖅᓗᕐᑕᕐᒥᓄᑦ ᕐᖅᐱᑎᒃᓇᓱᐊᕐᓗᒍ ᐱᕐᒃᑎᒋᑦ ᐃᖅᑎᓇᓱᐊᕐᓗᒍ ᐅᕐᓴᓗᓂᓂᑦ ᓱᓄᖅᓗᒍ ᕐᒃᓱᖅᓗᒍ ᑭᖅᑎᖅᓗᒍ.

ᓴᓇᕕᖅᑎᑦ: ᐊᒃᓚᑦ ᑎᒍᑦᓱᓂᓕᕐᓂᐊᕐᑐᑦ ᓱᓄᖅᓗᒍ ᐱᕐᒃᑎᒋᑦ ᐃᖅᑎᓇᓱᐊᕐᓗᒍ ᐱᕐᒃᑎᒋᑦ ᐃᖅᑎᓇᓱᐊᕐᓗᒍ.

Parka Rotation ᖃᓪᓗᒍᓄᑦ ᑲᐃᕐᓂᖅ

7. PARKA ROTATION

Equipment: Big parka

Stance and Start: Two people grab competitor wearing parka by the shoulders. Feet of competitor can be placed together or one foot slightly in front of the other.

Movement: Competitor lifts legs up and over in backward roll while suspended in parka at shoulders. If successful, try again.

Judging and Scoring: Person doing the most rotations wins. Rotations don't have to be continuous, but long rest periods are not allowed. Three attempts are given to complete the rotation.

7. ᖃᓪᓗᒍᓄᑦ ᑲᐃᕐᓂᖅ

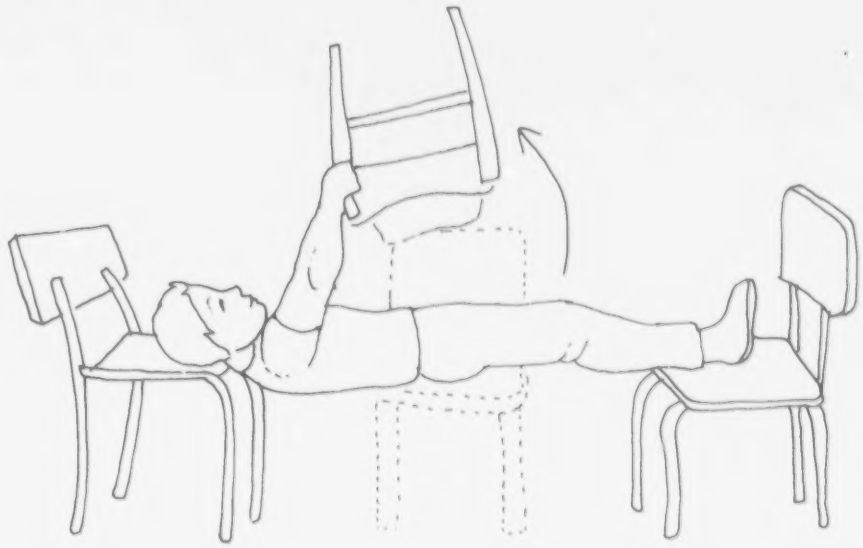
ᐊᑐᓚᐱᖅ: ᖃᓪᓗᒍ ᐊᑎᓕᕆ

ᐱᒋᐊᖅᓯᖏᓐ: ᖃᓪᓗᒍᓄᑦ ᐃᓄᐃᑦ ᓚᑭᓄᑦ ᑐᐃᖏᓚᒍᑦ ᑎᒍᖃᑐᓄᓯ ᕿᑎᑦᑕᐃᓕᓴᓐᓇᒍ ᐃᑎᓚᖏᑦ ᑲᑎᓚᑦᑎᐊᖅᓯᒍᑦ ᐅᑉᐸᓪᓕᐊᖅᑕᑦ ᐱᖅᑕ ᓄᐅᓕᐅᖅᓯᓇᒍ.

ᐊᐅᓚᓯᖏᑦ: ᖃᓪᓗᒍᓄᑦ ᓯᐅᓯ ᖁᖏᖅᑕᑐᒍᑦ ᑲᐃᕐᓂᓕᕆᐊᖅᓯᓯ ᐅᑎᒧᑉ ᓄᓇᒧᑉᓯᒪᓂᖅ ᑕᐃᒪᓐᓇ ᐅᑎᖅᑕᓕᐊᖅᓯᓯ ᒪᑕᖅᑕᐃᓕᓯᓯ.

ᐃᓚᖏᐅᑎ: ᐊᒥᓱᐃᖅᑕᒥᓯ ᐅᑎᖅᑕᐃᓕᓯᓯ.

Chair Rotation ᐃᓱᓪᓴᐅᑕᖅ ᐊᑕᒍᖏᑦᑎᓂᖅ



8. CHAIR ROTATION

Equipment: Three chairs

Stance and Start: Competitor lies horizontal with one chair under feet, another under head and another under buttocks.

Movement: With either hand, grab middle chair under buttocks and rotate over the body leaving only the chair at the feet and head. Bring chair back to starting position without sagging body. If successful, try again.

Judging and Scoring: The person with the greatest number of rotations wins.

8. ᐃᓱᓪᓴᐅᑕᖅ ᐊᑕᒍᑎᑎᓂᖅ

ᐊᑐᓚᕐᓴᑦ: ᐃᓱᓪᓴᐅᑕᐃᑦ ᐱᖓᓚᒃ.

ᐊᐅᓪᓗᐊᖏᕐᕕᐅ: ᐃᓱᓪᓴᐅᑕᐃᑦ ᖁᖓᓚᓂ ᓇᓪᓕᓂ ᐊᑕᐅᓯᖅ ᐃᑎᒋᖓᓚᓂᓂ ᐱᖓᑦᑕ ᓂᐊᖏᖓᓚᓂ ᐱᖓᓯᓯᐊᑦ ᖁᑎᑎᐊᓂᓂ.

ᐊᐅᓪᓗᓂᕐᑕ: ᐊᑯᓂᓪᓴᐃᖅ ᐃᓱᓪᓴᐅᑕᖅ ᑎᒍᒍ ᖃᓄᐅᑎᒍᒍ ᓴᓪᓴᐅᑕᓂᒍ ᒪᖁᖓᓂᒃ ᐃᐅᓱᑕᐅᓪᓴᓂᓂ ᐃᓱᓪᓴᐅᑕᓂᒃ. ᐃᓪᓕ ᑐᖓᖓᒪᓪᓴᓂᓂ ᑕᐃᒪᐃᓪᐅᐅᐃᓇᓴᓂᓂ ᐃᓱᓪᓴᐅᑕᖅ ᓴᓪᓴᐅᑕᖓᑎᖅᑕᒍᒍ.

ᐊᓱᖓᓂᓂᕐᑕ: ᓴᓪᓴᐅᑕᖓᑎᓱ ᐊᑕᓯᐃᐃᓪᓴᖅ ᐋᓪᓴᓪᓴᓂᓂ.

Back Bend

ᑐᓂᒡᓗᑦ ᖃᐱᕐᖏᑕᕐᓂᖅ

9. BACK BEND

Equipment: Broom handle

Stance and Start: Standing, spread feet as far apart as you can. Feet must be in a straight line. Measure the distance from the armpit to the tip of the middle finger with the broom handle. Grip the broom handle at this spot with both hands on top of each other.

Movement: Bend backwards and touch the handle to the floor behind you. Return to starting position. Feet should remain on the floor in the same position. If successful, measure in decreasing distance from the thumb to the nose, wrist to nose, elbow to top of head, then decrease every two inches.

Judging and Scoring: The competitor who can do the back bend the shortest distance on the broom handle wins. If the competitor reaches the floor with no more length of broom handle left, then competitor places a quarter on the ground behind him and has to bend back and pick it up then place it back again.

9. ᑐᓂᒡᓗᑦ ᖃᓪᓕᕐᖏᑕᕐᓂᖅ

ᐊᑐᑕᐅᔪᓇᐊᓇᒃ: ᓴᓂᐅᑎᐅᑦ ᐱᐳᐊᓂᓄ

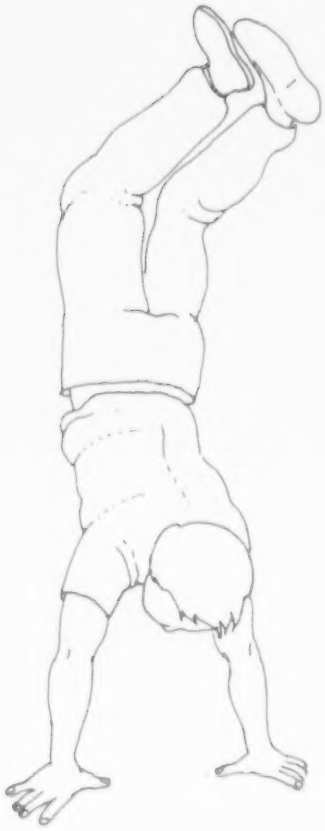
ᐱᔨᔪᐅᓪᓚᐊᓇᐊᐱᒃ: ᓇᖃᕐᓂᓗᑎᑦ, ᐃᑎᒪᑎᑦ ᐊᑦᓪᓕᖅᓗᓂᒃ ᐅᖃᖅᓯᓪᓕᖅᑎᐊᓗᓂᒃ, ᐃᑎᒪᑎᑦ ᓇᓪᓕᖅᓕᖅᑎᑭᒪᓗᓂᒃ ᓇᖃᕐᓂᓗᑎᑦ, ᓴᓂᐅᑎᐅᑦ ᐃᐳᐊ ᐅᐸᐅᐸᓗᔪ ᑕᖃᓂᖅᖃᓂᒃ ᖃᓂᖅᓂᑦ ᖃᓄᖅᓯᓪᓕᑦ ᑎᑭᓗᔪ. ᓴᓂᐅᑎᑦ ᐃᐳᖅᖃᑎᒌᖅᑐᑦ ᑎᔪᓗᔪ ᖃᓄᖅᓯᓪᓕᖅᓕᕐᓂᒃ ᐃᓕᓴᕐᓂᓕᖅᑐᑦ ᓇᓪᓕᖅᑕ, ᐊᒪᑎᑦ ᖃᓄᖅᓯᓪᓕᖅᓕᕐᓂᒃ.

ᐊᐅᓚᓂᖅᖢ: ᑐᓂᒡᓗᑦ ᖃᐱᕐᓗᓂ, ᑎᔨᒥᐊᖅᑕᐃᑦ ᓴᓂᐅᑎᑦ ᐃᐳᖅᖢ ᓇᑎᕐᓗᑦ ᐊᐅᑐᖅᑎᓂᔪᓗ. ᐊᐅᑐᐊᓂᖅᑕᑦᓯᓂᒃ ᐅᑎᓗᑦ ᓇᖃᕐᓂᓕᕐᓂᐊᓗᓂᒃ ᐱᒋᐊᕐᓂᐊᓕᕐᓂᒃ, ᐊᓪᓚᑎᑦᑎᓇᓕᐊᓗᓂᒃ, ᐊᓪᓚᖅᓂᕐᓂᖅᖢ, ᓴᓂᐅᑎᐅᑦ ᑕᖃᓂᖅᖢ ᓴᐃᓪᓕᓂᐊᓗᓂᒃ ᐅᖅᑐᕐᐃᑎᑎ, ᑯᑦᓗᓂ ᖃᐱᕐᖏᑦ, ᐊᓚᐅᑎᓂ ᖃᐱᕐᖏᑦ, ᐃᑯᓂᖅᖢ ᓂᐊᓪᓚᑦ ᐃᓪᓕ ᖃᐅᖅᑯᓂᒃ, ᐊᓚᖅ 2" ᓇᐃᓴᓪᓕᐊᖃᓇᓪᓕᔪᓗ.

ᓴᓪᓴᓂᖃᑦᖢ: ᑕᐃᒪᓇ ᖃᐅᐱᓇᓪᑐᖅ ᓴᓂᐅᑎᐅᑦ ᐃᐳᐊ ᓇᐃᓪᓖᖃᓪᓕᔪ ᓴᓪᓴᓂᐊᓂᔪᓗ. ᐱᔨᔪᐅᔪᐊᖅᑐᑦ ᓴᓂᐅᑎᐅᑦ ᐃᐳᐊ ᓄᖃᔨᓪᓕᖅ, ᓴᓂᐅᑎᑦ ᐊᑐᐸᓂᓪᓕᖅᑎᑦ ᓄᓇᓕᖅᑎᑦ, ᑭᓇᐅᔪᖅᑎ ᑎᒍᓇᓇᔭᓇᓇᔪᖅᑐᖅ, ᑭᓇᐅᔪᖅᖅ ᓇᑎᓕᖅ ᐃᓪᓕᔪᓗ ᑎᒍᐊᓂᑯᓂᐅᒃ ᓇᖃᕐᖏᔪᐊᓪᓚᑦᑎᓪᓕᔪᓂ, ᓇᖃᕐᓂᔪᓇᐊᓂᑯᓂ ᐊᑐᒪ ᑭᓇᐅᔪᖅᖅ ᐅᑎᖅᑎᓪᓕᔪᓂᒃ ᓇᑎᕐᓗᑦ.

Hand Springs

ᐊᓴᖅᓗᑦ ᐱᓇᖅᑕᕐᓂᖅ



10. HAND SPRINGS

Movement: A player goes into the handstand position and flips over backwards onto his feet. The person who does the most continuous handsprings is the winner. A variation of the game is to do handsprings up a hill.

10. ᐊᓴᖅᓗᑦ ᐱᓇᖅᑕᕐᓂᖅ

Leg Wrestle

ᓂᐅ ᐊᑐᖅᓗᒍ ᐱᔪᖅᑲᓂᖅ

Action

ᐃᓕᓴᐅᓂ ᐱᖃᐅᔨᑐᑦᓯᖅ

Arm Position

ᑕᓪᓕᖅ ᐊᖅᑎᓪᓗᓂᖅᓯᒪ

1. LEG WRESTLE

Equipment: None

Stance and Start: Two competitors lie on their backs with heads in opposite directions. Side by side, the competitors link inside arms at elbows and grab their own wrist across their chest with the other free hand.

Movement: Lifting inside legs, lock with the competitor at the knee. The other leg is bent at the knee resting on the floor. Pulling down with leg, try to flip opponent over backwards.

Judging and Scoring: Best out of three.

1. ᓂᐅ ᐊᑐᖅᓗᒍ ᐱᔪᖅᑲᓂᖅᓯᒪᖅ

ᐊᑐᓚᕐᓂᖅ: ᐱᑕᖃᕐᓂᑐᑦᓯᖅ

ᐊᐅᓪᓚᕆᐊᖅᑎᐱᐅ: ᐱᖃᔪᐊᖅᑐᑦ ᓇᓐᓂᕐᖓᓂᑦ ᐲᑦᖃᕐᓂᑦᓂᑦ, ᓴᓂᓯᓐᓂᖅᓂᑦ ᑕᓪᓕᖅᑕ ᑎᑎᕋᕐᓂᑦ ᐃᓚᓴᖅᑎᓪᓗᒍ ᐱᖃᑎᖃᕐᓂᖅ ᑎᑎᕋᓂᕐᓂᑦ. ᐊᐅᓚᐊᖅᑐᑦ ᐊᐅᓚᐊᖅᑐᑦ ᑎᑎᕋᓂᕐᓂᑦ ᐊᐅᓚᐊᖅᑐᑦ ᐊᐅᓚᐊᖅᑐᑦ ᑎᑎᕋᓂᕐᓂᑦ.

ᐊᐅᓚᕆᐊᖅᑎᐱᐅ: ᓂᐅᑦᓂᑦ ᐊᑐᑐᔪᓐᓇᖅᑐᑦ ᓴᓇᔨᖅᑎᑎᓂᑦ ᓴᓇᐃᕐᓂᑦ, ᐱᖃᑎᖃᕐᓂᑦ ᑲᐃᓐᓇᕐᓂᖅᐸᐊᖅᑐᑦ ᑐᓴᕐᓯᒪᓂᖅ.

ᐊᓯᖏᓪᓗᖅᑕ: ᓴᓪᓕᐊᑐᑦ ᐊᒥᓱᐃᓐᓇᕐᓂᖅᓯᒪᖅ.

Finger Wrestle

ᐊᒪᖅᓗᑦ ᐱᔪᐊᕐᓂᖅ

2. FINGER WRESTLE

Equipment: None

Stance and Start: Competitors face each other with feet at a comfortable distance apart standing. Lock both hands with knuckles up and elbows bent at a 45° angle. Each player has one thumb on the outside position of grip.

Movement: Using arm, wrist and hand strength, try to wrestle your opponent into giving up.

Judging and Scoring: Best out of three.

2. ᐊᒪᖅᓗᑦ ᐱᔪᐊᕐᓂᖅ

ᐊᑐᒪᓴᑦ: ᐱᑕᖃᖅᑎᑦᑐᖅ

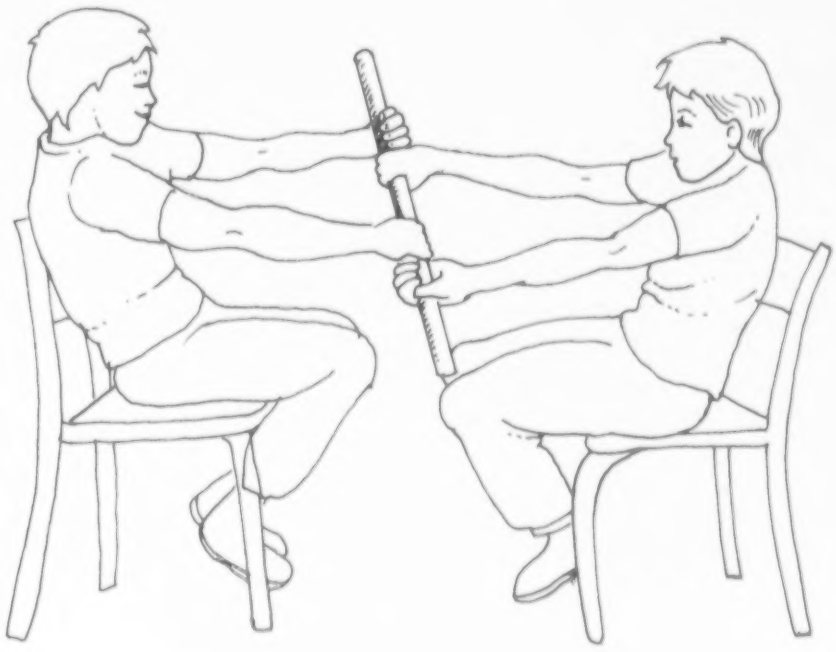
ᐊᐅᓚᓇᐊᕐᕕᐅᖅ: ᐱᔪᐊᕐᑐᑦ ᓴᖅᑭᔪᕈᑎᒍᑎᒃ ᐃᑎᒃᑭᑦ ᐊᐱᖅᓯᒪᒍᑦ ᐃᒍᐊᓚᖃᖅᑎᓂᒃ ᐊᒪᖅᑭᑦ ᓴᖅᒪᐃᖅᓯᒪᒍᑎᒃ ᓇᑦᒍᐊᖅᑎᓂᒃ ᖃᖅᑐᖅᑕᑦᒍᑎᒃ ᐃᓕᓴᖅᑎᑦ 45 ᓴᖅᔪᖅᓴᒍᑎᒃ ᖃᓄᖅᑭᖅ ᐊᑕᐅᓴᕐᓂᖅ ᓯᓚᑕᓂᒍᑎᒃ.

ᐊᐅᓚᓂᖅᑎᑦ: ᑕᓂᖅᑎᑦᑕ ᐊᒪᐅᑎᐊᓂ ᐊᖅᑭᖅᑎᑦ ᐱᔪᓂᖅᑎᑦ ᐊᑐᑦᒍᒍ ᐱᖃᑎᒌᖅᑎᓂᒃᓯᓚᐅᖅᒍᓂ.

ᓴᓇᕐᐳᑎᑦ: ᐱᖅᓯᐊᖃᑦᒍᓂ ᐊᒥᓯᐊᖃᑦᓂᖅᓴᖅ.

Chair Wrestle

ᐃᓕᓴᐅᑕᖅᑕᓂᓗ ᐱᔨᔪᐊᖅᓂᖅ



3. CHAIR WRESTLE

Equipment: Two chairs, broom handle

Stance and Start: Competitors sit on chairs about two feet apart facing each other. Feet are suspended off the floor and crossed. Competitors grab broom handle alternating hands and grip of each hand so that one hand is overhand grip and the other is underhand.

Movement: Try to twist broom handle any direction in order to get opponent off balance.

Judging and Scoring: Best out of three attempts. Feet cannot touch the ground.

3. ᐃᓕᓴᐅᑕᖅᑎᒃᓗᓂᓗ ᐱᔨᔪᐊᖅᓂᖅ

ᐊᑐᒪᓕᒃ: ᐃᓕᓴᐅᑕᖅ ᒪᖅᑐᒃ ᓴᓂᐅᑎᑎᐅᑦ ᐃᐳᐊ

ᐊᐅᓚᓇᐊᖅᐱᒃ: ᐱᔨᔪᐊᖅᑐᑦ ᐃᓕᓴᐅᓂᓗᒃ ᓴᖅᒪᔪᑎᓂᓗᒃ ᐃᑎᒪᖅᑕᖅ ᖃᖅᖏᑕᖅᓂᓗᒃ ᑭᓂᐅᑎ ᐃᐳᖅᒪ ᑎᒍᓂᒍ ᐊᒪᖅᑕᖅ ᑭᐳᖅᑕᖅᓂᓗᒃ ᖃᐳᖅᐅᖅᓂᖅ ᐸᖅᓚᐃᖅᒪᓂᐊᖅᓯᒪᓂᓗᒃ ᐊᒪᖅᑕᖅ ᑎᒍᒥᐊᖅᓂᓗᒃ ᖃᓄᐊᓕᒍᑦ ᐊᑕᒍᒥᓂᓗ.

ᐊᐅᓚᓂᖅᑕᑦ: ᐱᖅᑎᒥᓂᒃ ᐃᓕᓴᐅᑕᖅᑐᒥ ᐱᖅᓯᐊᓂᓗ.

ᓴᓚᖏᐅᑎ: ᐱᖅᓯᐃᖅᓂᓗ ᐊᒥᓱᐃᖅᓂᖅᓴᖅ ᐊᖏᒪᓂ ᑎᒍᒥᐊᖅᓂᖅᑕᖅ ᐊᓯᖏᓐᓂᒃ ᐊᓱᐊᖅᒍᖅᑕᖅᓂᒍᑦ.

Nikivittuq ᓂᑭᐱᓪᑐᖅ

4. NIKIVITTUQ

Equipment: None

Stance and Start: Competitor lies on stomach with another competitor lying on his back. The top man lays rigid.

Movement: The bottom man must try to get up without using his hands.

Judging and Scoring: Three tries.

4. ᓂᑭᐱᓪᑐᖅ

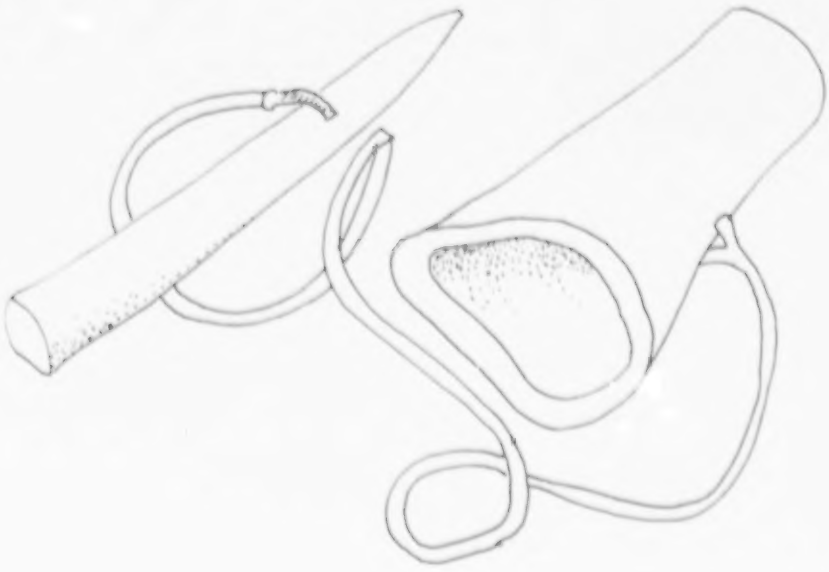
ᐊᑐᓚᕆᓪᓕ: ᐱᑕᖅᓴᓕᐊᖅᑲᕆᓪᓕᖅ.

ᐊᐅᓪᓚᓇᓕᐊᕐᐱᐅᖅ: ᐱᒍᓱᐊᕐᑐᖅ ᐊᑕᐅᕐᕙᖅ ᓇᓪᓚᖅᓴᓚᓗᓂ ᓇᕐᒥᒍᓐ ᓇᑎᕐᒥ ᐱᖅᑕ ᖃᖅᓴᓂᓪᓚᓂ ᖃᖅᓪᓕᐅᓂᕐᕙᖅ ᖃᐅᕐᕿᓚᓂ.

ᐊᐅᓚᓂᕐᒧᑦ: ᐊᓪᓕᐅᓂᕐᕙᖅ ᒪᑭᓇᒍ ᐊᒃᑲᒥᑦ ᓇᑎᕐᒥᓐ ᐊᑐᕐᑕᐃᓕᓪᓚᑎᒃ.

ᖁᓚᕐᔪᑐᖅ: ᖃᖅᓴᒪᑦᓯᔪᖅ ᐊᒥᓱᐃᓚᖅ ᖁᓚᕐᓂᓂᐊᓪᓕᐊᑐᖅ.

Ajaga ᐊᔪᒪᖅ



1. AJAGAAK

Equipment: A string about 5-6 inches long is attached to a bone from a bearded seal or any bone with one or more holes in it. At the other end of the string is a small bone tip about 2-3 inches long.

Movement: The object of the game is to hold the bone tip in one hand and swing the bone into the air trying to spear the hole in the bone with the bone tip.

1. ᐊᔪᒪᖅ

ᐱᒋᐊᕆᐊᖃᕐᓂᑦ ᐊᑐᓕᐊᓯᑦ: ᐊᓐᓇᓚᐅᖅᓴᖅ ᐃᒪᓐᓴ ᑕᕆᓂᖅᓴᒪ ᐃᒪᓐᓇᐃᓇᓂᓕ 5-6" ᑕᕈᑎᓇᐊᓇᒍ ᐅᓐᓴᐅᓐᑎᓇᓂᑦ ᓴᐅᓂᖅᓴᓂ ᐊᑕᐅᓴᑎᑦ ᐊᒥᓂᓐᑎᓇᓂᑦ ᐊᖅᓚᓵᖅᓴᓐᓂᒃ. ᓴᑐᖅᓴᓐᓂᒃ. ᐊᓐᓇᓚᐅᖅᓴᖅ ᐃᓂᐊᑕ ᐱᖅᑕᓂᓐᓂᒃ ᓇᓂᐅᓐᓂᑐᒥ 2-3" ᓂᕈᑎᓇᓚ ᖃᓚᕕᐱᓇᓚ.

ᐊᐅᓚᓂᖅᑎᑦ: ᐃᒪᓐᓇᐃᓂᐅᓴᐃᖅᓇᓂ ᓴᐅᓂᖅᓇᓄᖅᑐᓴ ᐃᓐᓇᐃᓇᓐᓇᓕᒥ ᑎᒍᒥ ᐊᓐᓇᓴ ᓴᐅᓂᖅᓴᖅᓯᒪᓐᓇᓚ. ᓴᖅᓯᒪᓂᑕᓂᖅᓴᓂ ᓴᐅᓂᖅᓴᓂ ᓄᑖᒥᓐᓇᓚ ᓴᐅᓂᖅᓴᓂ ᓄᓇᕗᑦ ᓇᓂᐅᓐᓂᑐᒥ.

Sometimes this game is played to a story. With two or more players each having their own ajagaak, the players continue to flip the bone until it is speared 5 times. This represents the first five days of the hunt. On the 6th spear, a caribou is killed. Continue until 10 caribou are killed. When the hunter gets 10 caribou, he must now bury (cache) them. This means that he spears the bone 10 more times, each time represents a cache. Once all the caribou are buried, they have to be dug up again (10 more times). When all the caribou are dug up, the first player to get his all dug up can then begin to steal the other hunters' caribou who haven't got theirs yet.

Judging and Scoring: The player that has the most caribou is the winner.

Variation: Sometimes people would sit in a circle and the ajagaak is passed from person to person each trying to spear the bone. When a player failed to spear the bone, it was passed onto the next person. If the player was successful, however, he continued to do it until he missed. Whoever flipped the bone successfully to the count of all fingers and toes, was the winner.

2. AYARAK (STRING GAMES)

String is wound throughout the fingers in such a way as to form pictures in the shapes of the string. This takes great skill and practice and can only really be taught first hand.

3. IGLUKITA (JUGGLING)

Small rocks are thrown into the air and passed from hand to hand so that the rocks circulate. There are many different variations in this game.

2. ᐊᔪᕐᕋᖅ (ᐊᖏᓕᓇᐅᔪᕐᓗᑦ ᕿᑎᒍᑦ)

ᐊᖏᓕᓇᐅᔪᕐᕋᖅ ᖃᓄᐃᓇᓇᕈᔭᕐᔪᖅ ᐊᓪᓚᓄᑦ ᖃᓄᐃᓇᓇᕐᕋᖅ ᓄᕆᖃᑦᑕᕈᓕᔪᖅᓯᓗ ᖃᓄᐃᓇᐃᓐᓇᑎᐊᖅ ᐊᔪᖅᒍᐊᓕᐅᖃᑦᓯᓂᓗ ᓄᕆᐱᒻᒧᑦ ᐊᔪᒥᖅᓕᓂᐊᓕᕐᖃᖅᑕ. ᐱᔭᓂᖅᑎᒍᒪᓐᓇᖅ ᖃᐅᔪᖅᓚᔭᓐᓇᐊᖃᖅᓯᓂ, ᐊᓪᓚᓕᓗ ᑭᓯᐊᓂ ᖃᐅᔪᖅᓚᔪᓗᑦ ᐊᔪᕐᕈᖃᖅᑐᑦᑕᐅᓂᓂ ᐊᔪᕈᓂᓇᕐᖃᖅᓚᑦ.

3. ᐃᓚᓗᑭᒃᑯᖅ

ᐅᔪᕐᐃᑦ ᐃᒋᑕᐅᕐᓗᑎᒃ ᖃᓄᕐᓗᑦ ᑲᓕᓐᓂᑦ ᐃᓚᓗᐊᓇᑦ ᑕᓕᐅᕐ ᐃᓚᓗᐊᓇᑦ ᐊᑯᓕᓐᓂᕐᓗᓗ ᐅᔪᕐᐃᑦ ᑲᓇᐃᓐᓇᖅᑐᑦ. ᐃᓚᓗᑭᒃᑯᓂᖅ ᐊᒥᓱᓂᐊᕐᓗᒍ ᐊᔪᒥᖅᓕᓂᐅᓂᒃ ᐃᓚᓗᑭᒃᑯᑎᓂᒃ ᐱᑕᖃᑦᑐᖅᓯᓂᒃ.

BEST COPY AVAILABLE

Bag of Bones

ᓴᐅᓂᑦ ᔪᖅᑕᐅᑦ ᐃᓗᐊᓂ

4. BAG OF BONES

A bag is made out of caribou skin or other hide. Small bones found from the vertebrae and other parts of the caribou are cleaned and polished. These bones are placed in the bag and each bone shape represents a certain member of the family such as grandfather, dog, mother, child, etc. A small string lasoo is made and lowered into the bag. The bag opening is closed and shaken around. Carefully, pull the string out and hopefully you would have lasooed a bone. If so, continue until you miss a turn. The object of the game is to get a complete family unit before your competitor does.

4. ᓴᐅᓂᑦ ᔪᖅᑕᐅᑦ ᐃᓗᐊᓂ

ᔪᖅᑕᓪᓕ ᑐᓴᑐ, ᐊᒥᐊᓂ ᓴᓇᓱᒪᓵᖅ ᐅᑉᐸᒍᓐᓂᑦ ᑐᓴᑐᖃᓕᑐ, ᓴᐅᓂᑦ ᒥᕐᕿᑕᐅᓗᑎᒃ, ᐅᑉᐸᒍᓐᓂᑦ ᑐᓴᑐ ᓴᐅᓂᖅᓂᓂᒃ ᒥᕐᕿᓂᖅ ᓴᓗᒪᓪᓚᖅᓴᖅᓱᒪᑎᑦᑎᐊᖅᓗᒥᑦ ᐊᑐᕐᓇᖅᓴᖅ ᓴᐅᓂᑦ ᔪᖅᑕᐅᑦ ᐃᓗᐊᓗᓂᑦ ᐃᓕᓴᐅᓗᒥᑦ, ᓴᐅᓂᑦ ᐊᖅᓯᓂᖅᑦᑕ ᐊᐱᖅᓂᖅᓚᒪᑕ ᐃᓚᒥᐅᐅᓕᖅ ᐊᖅᓯᓂᖅᓴᖅᓂᓂᖅ ᐊᖅᓯᓂᖅᓴᖅᓂᓂᖅ ᐊᑐᕐᓇᖅᓴᖅᓂᓂᖅ, ᐊᑕᒪᑎᓪᓗ, ᓄᑕᖅᓚᖅᓴᖅ, ᐊᓚᓇᓗ ᐊᓱᖅᓂᓂᖅᓴᓂᓗ ᐊᖅᓯᓂᖅᓴᖅᓂᓂᖅ ᑭᓇᓄᐅᑉᓴᖅᓂᑦ ᓴᐅᓂᑦ ᔪᖅᑕᐅᑦ ᐃᓗᐊᓴᖅᑕᐅᓗᒥᑦ ᐊᖅᓯᓂᖅᓴᖅᓂᓂᖅ ᐊᖅᓯᓂᖅᓴᖅᓂᓂᖅ ᐃᓗᐊᓂᓴᖅᑕᐅᓗᒥᑦ ᐃᓗᐊᓂᓴᖅᑕᐅᓗᒥᑦ, ᐱᑎᐊᖅᓴᓂᓗᒥᑦ ᐊᖅᓯᓂᖅᓴᖅᓂᓂᖅ ᓄᓇᓕᖅᓴᖅᓂᓂᖅ ᐊᖅᓯᓂᖅᓴᖅᓂᓂᖅ ᓴᓇᓕᖅᓴᖅᓂᓂᖅ ᐊᖅᓯᓂᖅᓴᖅᓂᓂᖅ ᐃᓗᐊᓂᓴᖅᑕᐅᓗᒥᑦ ᐃᓗᐊᓂᓴᖅᑕᐅᓗᒥᑦ ᐱᑎᐊᖅᓴᓂᓗᒥᑦ ᓄ

7. NALAUTSAANGUAK (BLIND GUESSING GAME)

This game was often played during the long winter evenings inside the igloo. A person, standing in the middle of the igloo, is blindfolded. They are spun around until they are dizzy, while everyone else stays off the floor and remains quiet. Starting with the back of the igloo, the blindfolded person tries to guess the objects in the igloo. Once they have guessed correctly, they have to guess where the door is by walking boldly toward it. If the guess is wrong, the person will receive a bang on the head. They continue until successful, while everyone remains quiet unable to give advice and only giving the blindfolded person agreement of correctly guessed objects. The person who guesses the quickest, is the winner.

7. ᓇᓪᓕᐅᑕᖅᖢᒍᐊᕐᓂᖅ (ᑕᓗᓯᒪᓪᓗᓂ ᖃᑎᒍᑦ)

ᑕᐃᓵᓯᒪᓂᐅᓪᓕᐅᑐᑎᓐᓄᑦ, ᐅᑭᐅᓄᑦ ᖃᑎᒍᑕᐅᒪᔨᓪᓕᐅᕐᓴᖅᑐᑎᓐᓄᑦ, ᐅᓐᓂᓴᓐᑎᑦᓂᒃ, ᐃᓱᒪᓗ ᐃᓂᓗᐊᓂ, ᐃᓂᓄᑦ ᐃᓱᒪᓗ ᖃᑎᒌᓂ ᓇᓐᕕᑎᑕᐅᓱᒪᓂ, ᓯᓇᓗᑭᐊᖅᖢᒍᑦ ᐃᓐᓇᕐᓂ ᑕᓗᐅᑦᓂᒃ, ᐅᐃᒪᓗᓕᖅᑲᓱᐊᕆᔨᓗᒍ ᐅᐃᓱᓴᖅᑎᑕᐅᑦᓂᓂ, ᐊᓕᓐᓂᑦ ᓇᓂᒋᔭᐅᓂᒃ ᓂᐸᐃᑎᐊᖅᖢᒍᒃᓂᒃ, ᐃᓱᒪᓗ ᑭᓚᐊᓂᐊᖅᖢᒍᓂ ᐃᓐᓇᐅᒃ ᑕᓚᓯᒪᔨᖅᖢᒍᑦ ᐃᓱᒪᓗ ᐱᕐᓂᐅᓐᓂᒃᓂᓂ ᓇᓪᓕᐅᑎᑕᐅᑦᓂᓂ ᓯᓇᐅᑦᒪᓂᒃᑕᓂ, ᓇᓪᓕᐅᑎᔪᓂ ᓯᓇᐅᓂᒃᒪᓂ, ᐃᓱᒪᓗ ᖃᐅᒃᒪᒃᑕᓂ ᐱᕐᓂᐊᖅᖢᒍᓂᒃᓂᓂ ᓇᓪᓕᐅᑎᑕᐅᑦᓂᓂ ᓯᓇᐅᓂᒃᒪᓂ, ᐃᓱᒪᓗ ᖃᐅᒃᒪᒃᑕᓂ ᓇᓪᓕᐅᑎᓐᓄᑦᓂᒃᓂᓂ ᐊᓕᓐᓂᑦ ᐃᓱᒪᓗ ᐱᕐᓂᐊᖅᖢᒍᑦ ᓇᓪᓕᐅᑎᑕᐅᑦᓂᓂ ᐃᓱᒪᓗ ᐱᕐᓂᐊᖅᖢᒍᑦ ᓇᓪᓕᐅᑎᓐᓄᑦᓂᒃᓂᓂ ᐃᓱᒪᓗ ᐱᕐᓂᐊᖅᖢᒍᑦ ᓇᓪᓕᐅᑎᑕᐅᑦᓂᓂ ᓯᓇᐅᓂᒃᒪᓂ, ᐃᓱᒪᓗ ᖃᐅᒃᒪᒃᑕᓂ ᓇᓪᓕᐅᑎᓐᓄᑦᓂᒃᓂᓂ ᐊᓕᓐᓂᑦ

Open Hand Ball Pass

ᐊᓱᖏᑦ ᐃᓯᐱᖏᓚᐃᓐᓇᓗᓂ ᑐᓂᓯᖅᑕᐅᑎᓂᕆᖅ
ᐊᒋᐃᓴᖅᑎ

8. OPEN HAND BALL PASS

A ball is made out of sealskin or caribou hide and filled with sand. This ball is passed from person to person with only an open hand. The passing can get faster and faster.

9. AKSERK (CHANTING GAME)

Everyone sits in a circle or group and chants a song. On a signal, the chant stops and no one can make a noise. The first person to make a noise breaks the silence and the game starts over.

10. SCARE

Usually played at night, older children go outside the igloo or tent and make animal noises. The smaller children inside get scared.

8. ᐊᓱᖏᑦ ᐃᓯᐱᖏᓚᐃᓐᓇᖅᓗᓂ ᑐᓂᓯᖅᑕᐅᑎᓂᕆᖅ
ᐊᒋᐃᓴᖅᑎ

ᐊᓐᐅᑦᓭᒻᒪᖅ, ᐊᒡᑕᐅᐅᖅᖅ, ᓴᓐᓯᒪᖅᓗᓂ ᑐᖅᑐᑦ
ᐊᒥᐊᓂ ᐅᖅᓴᓗᖅᓂᑦ ᓐᑎᐅᑦ ᖃᐱᐊᓂ ᓯᐅᖅᖅᒥ
ᐃᓗᓕᖅᑐᖅᓯᒪᓗᒍ. ᐊᓱᖏᑦ ᐃᓯᐱᖏᓗᔪᑦ ᐃᓐᓇᖅᒪᑦ
ᑐᓂᐊᑕᐅᑎᓗᑎᒃ ᐃᒃᓗᐃᖅᓐᓇᖅᒪᑦ.
ᑐᓂᓯᖅᑲᑦᑕᐅᑎᓂᖅᖅ ᐱᐊᓪᓕᖅᑎᑦᓯᓕᖅᓂᐊᓚᖅᑐᖅ.

9. ᐊᖅᑲᓱᖅ (ᐃᓕᖅᓯᐅᐅᖅᓗᓂ ᖃᑎᒍᑦ)

ᐃᓐᓇᐃᑦ ᑕᒪᖅᑎᒃ ᐊᖅᓚᓗᖅᓱᓕᓗᑎᒃ ᐃᒃᓱᓕᓗᑎᒃ
ᐃᓕᖅᑎᐅᐅᖅᖅᓗᑎᒃ, ᓇᓗᓇᐃᖅᖅᑐᑐᖅᑕᐅᐊᓕᑦ, ᑕᒪᖅᑎ
ᐃᓕᖅᑎᑭᒃᓂᖅᖅᓗᑎᒃ ᑭᓇᑐᐃᓐᓇᖅ ᓂᑦᓀᐊᓱᓂᖅᓗᓂ.
ᐊᖅᑲᓱᓀᖅᖅᓗᑎᒃ ᓂᑦᓀᖅᑐᖅᑕᐅᐊᖅᐊᓕᑦ ᐊᓕᒪ ᓴᓐ
ᖃᑎᑎᐊᑲᐃᓂᓀᖅᖅᓗᑎᒃ.

10. ᖃᑲᓀᖅᑕᓴᓇᓂᖅᖅ

ᐅᑭᓗᑯᑦ ᖃᑎᑎᒍᑕᐅᒪᔪᖅᓂᖅᖅᓴᓕᖅᖅ, ᓗᑕᖅᑲᑦ ᐊᖅᓂᓂᖅᖅᓴᐃᑦ
ᐃᑦᓗᑦ ᐅᑦᓴᓗᖅᓂᑦ ᑐᓂᐊᑕᐅᑎᓗᑎᒃ ᐅᒪᔪᑦ
ᓂᑦᓀᐊᔪᑎᖅᓂᐅᑦ ᓂᑦᓀᐊᓗᑎᒃ. ᒥᑭᑦ ᓗᑕᖅᑲᑦ
ᐃᓗᐊᖏᑦᑐᒍᑦ ᖃᖅᑲᓀᖅᖅᓂᖅᖅᓴᓕᖅᑕ.

Iglagunerk (Laughing Contest)

ᐃᓚᓪᓚᔨᔪᓂᖅ

11. IGLAGUNERK (LAUGHING CONTEST)

A group of people get together and face a partner. Partners can hold hands. On signal, everyone begins to laugh. The couple who laughs the hardest and longest is declared the winner.

12. TOSS THE BALL

Everyone picks a partner and kneels in a circle so that their partner is not next to them. A person passes the ball only to their partner in the circle. Everyone else tries to intercept it so that they, in turn, can pass it to their partner. Everyone must stay in the circle kneeling. The couple who passes it the most to each other is declared the winner.

11. ᐃᓚᓪᓚᔨᔪᓂᖅ

ᐃᓄᐃᑦ ᐊᒥᓱᓪᓗᒍ ᑲᑎᒪᓪᓗᒍ ᐱᖃᑎᒋᓂᐊᖃᕐᒥᓱᓂᖅ ᓴᖃᑲᖅᖃᓪᓂᓂ. ᐃᓕᖃᖅᑐᒍ ᑎᒍᒥᐅᑎᓪᓚᑦ, ᐱᒥᐊᖃᕐᓂᐅᑉᐳᓕᖃᖅᑐᒍ, ᐃᓄᐃᑦ ᑕᒪᖃᕐᓂᖅ ᐃᓚᓪᓚᔨᔪᓕᖃᖅᑐᒍ, ᑕᐃᔨᓂᐊ ᐃᓚᒋᑦ ᐃᓚᓪᓚᔨᔪᐊᓪᓚᑦ ᐊᓪᓚᓗᓐ ᐊᑯᓂᐅᓪᓕᖅ ᐃᓚᓐᓂᑎ ᐃᓚᓪᓚᔨᕐᒍᓐᓇᖅ ᐃᓚᓐᓂᒃ ᐃᓚᓪᓚᔨᕐᒍᓐᓇᖅ.

12. ᐊᖅᓴᖅᒥ ᐃᒥᑎᖅᑕᕐᓂᖅ

ᑭᓱᓪᑲᒃᑕᑦ ᐃᓄᐃᑦ ᐃᓕᓴᕆᒥᓂ ᓂᐲᐊᖅᓱᕐᓚᑎᓪᓂᒃ, ᐊᓗᒪ ᐊᖅᓚᓪᓴᖅᓱᕐᓚᑎᓪᓂᒃ ᑕᐃᔨᑯᑦ ᐃᒥᑎᖅᑕᐅᑎᓂᐊᖅᑐᒍ ᐃᓕᒥᓪᓂᒃ ᖃᓄᖅᑲᓪᓚᔨᓂᒃ. ᐊᖅᓴᖅᓴᖅ ᐃᓕᒥᓄᑦ ᑭᓱᐊᓂ ᑐᓂᒥᐊᖅᑕᑦᓚᒍ ᐊᖅᓚᓪᓕᖅᑐᒍ. ᑕᐃᔨᑯᑦ ᐃᓕᒥᖅᑕᑦ ᐃᓱᓂᒥᓚᓂᑎᓪᓂᒃ ᐊᑎᓂᒪᓕᓂᑎ ᐃᓕᒥᓄᑦ ᑐᓂᒥᐊᖅᑕᑦᓚᒍ ᐊᒥᓚᓄᑦᑐᒍ. ᐃᓄᐃᑦ ᐊᖅᓚᓪᓴᖅᓱᕐᓚᑎᓪᓂᒃ ᓱᓴᑎᓚᐅᖅᑕᑦ ᐃᓄᐃᑦ ᐊᖅᓚᓪᓕᖅᑐᒍ, ᑕᐃᔨᑯᑦ ᐃᓕᒥᖅᑕᑦ ᐊᑐᓱᓂᒥᓚᓂᑎᓪᓂᒃ ᐊᒥᓱᓂᒥᓕᓂᑎ ᐃᓕᒥᓄᑦ ᑐᓂᒥᐊᖅᑕᑦᓚᒍ ᐊᒥᓚᓄᑦᑐᒍ ᐃᓄᐃᑦ ᐊᖅᓚᓪᓴᖅᓱᕐᓚᑎᓪᓂᒃ ᓱᓴᑎᓚᐅᖅᑕᑦ ᑕᐃᔨᑯᑦ ᐃᓕᒥᖅᑕᑦ ᐊᑯᓂᒪᓕᓂᑎ, ᑐᓂᒥᐊᖅᑕᑦᓚᒍ ᐊᖅᓚᓪᓕᖅᑐᒍ.

Napartaq

ᓇᐸᓴᒃᑕᓴᒃ

13. NAPARTAQ

A nail is imbedded in a 4-6 inch long piece of wood so that the point is out. The napartaq looks similar to a dart. The object of the game is to stand the napartaq up in a piece of wood. A sequence of many different ways of doing this is followed. After each success, the player moves onto the next sequence. Once the player has reached the end, the sequence is repeated going backwards. The player who reaches the beginning first is the winner.

1. From an open hand, palm up, the napartaq lies flat with the tip at the fingers and the other end at the wrist. Throw the napartaq upward and try to stick in the wood. If successful, move on to the next sequence. (See Diagram)

2. Place the napartaq on open hand, palm facing down. The point will be between the two middle fingers. (See Diagram)

3. With palm facing upward, curl fingers into a fist. Napartaq balances across curled fingers with the point facing the direction of the thumb. Flip first inward directing napartaq to wood. (See Diagram)

13. ᓇᐸᓴᒃᑕᓴᒃ

ᐱᐱᐊᑦ ᓴᑭᓪᓚᕐᓂᖅ ᐃᓕᓇᓗᓴᒃ ᑕᑎᑎᓗᓂ 4-6" ᑲᓇᕿᒪᓗᒍ ᐱᐱᐊᑦ ᓄᓇᕗᑦᓂᖅ ᓄᐃᑕᓂᓴᖅᐳᓗᒍ. ᓇᐸᓴᒃᑕᓴᒃ ᓇᐅᑲᑕᐅᑎᑐ ᑕᐅᑐᖅᑲᑐᓴᒃ. ᑕᐃᒪᓇᓗᐊᓴᒃ ᓇᐸᓴᒃᑕᖅᑲᑕᑦ ᓇᐸᐸᓗᒍ ᓴᑭᓪᓚᕐᓂᖅᓴᑦ ᓴᖅᓚᓄᑦ. ᓇᐸᓴᖅᓚᑦ ᐊᓪᓚᐃᒍ ᓇᐸᓴᓪᓕᓴᖅᓗᒍ ᐊᓪᓚᖅᑕᓴᖅᓚᓂᖅ. ᓇᐸᓴᒃᑕᓴᒃᑐᑦ ᓇᐸᓪᓚᐊᓂᖅᓂᒃᑎᑦ ᐊᓪᓚᐊᓂ ᓇᐸᓴᓪᓗᐊᓴᒃᓗᒍᓂ. ᓇᐸᑎᓇᓚᐅᓴᒃᓗᒍ ᐃᓂᖅᓇᐅᓂᒃᑎᓂ ᐅᑎᒍᑦ ᐊᑐᓚᐅᓴᑕᒥᓂᖅ ᓇᐸᑎᓇᓴᓕᐊᓂᓴᒃᓗᒍ. ᑕᐃᓴᓇ ᓪᓚᐅᑦ ᐅᑎᒍᑦᓗ ᓇᐸᑎᓇᐊᓂᐅᑐᓴᒃ ᓴᓚᓴᓴᓂᐊᓴᓗᒍ.

1. ᐃᑎᒪᒥᓂ, ᐃᑎᒪᓴᖅᓚ ᓴᑲᓕᐅᓗᒍᓂ, ᓇᐸᑎᓇᓪᓚᐊᓴᓗᒍ ᓇᐸᓴᑕᓴᒃ ᐃᑎᒪᓴᖅᑕ ᑲᓴᖅᓂᓗᒍᓂ ᐅᔪᓴᖅᓗᒍᓂ ᓄᓪᐳᐊ ᐊᒪᓴᓪᒥᓂᓗᒍᓂ, ᑲᓴᓪᒪᐊ ᐊᒪᐅᑎᓴᖅᓂᓗᒍᓂᓴᒃᓴᐅᓗᒍ. ᓇᐸᐸᓗᒍ ᓇᐸᓴᑕᓴᒃ ᓴᑲᓕᐅᓗᒍᓂᓴᒃᓴᑦ ᓴᖅᓚᓄᑦ ᓇᐸᑎᓇᐊᓗᒍ. ᓇᐸᑭᓴᓂ, ᐊᓪᓚᐃᓄᑦ ᓄᓪᐳᐊ. (ᐊᑎᒍ ᑎᑎᕐᐅᓴᖅᓴᓪᓚᓕᓪᓴᖅ ᑕᑯᓪᓗᒍ)

2. ᓇᐸᓴᒃᑕᓴᒃ ᐊᒪᐃᑦ ᓴᑲᓴᖅᓚᓄᑦ ᐃᓕᓪᓗᒍ, ᐃᑎᒪᐃᑦ ᐊᑐᓪᓕᐅᓂᓴᒃᓴᐅᓪᓗᒍ. ᓄᓪᐳᐊ ᓴᑭᑎᓪᓕᐃᑦ, ᒥᑭᓴᓴᓂᐊᓴᓗᒍ ᓴᑲᓴᖅᓚᓄᑦ ᐊᒪᐅᑎᓴᖅᓂᓗᒍᓂᓴᒃᓴᐅᓗᒍ. (ᑎᑎᕐᐅᓴᖅᓴᓪᓚᓕᓪᓴᖅ ᑕᑯᓪᓗᒍ)

3. ᐃᑎᒪᐃᑦ ᓴᑲᓕᐅᑎᓴᖅᓚᓗᒍ ᐊᒪᑎᑦ ᐃᒪᓪᒥᑦ, ᓄᓪᐳᐊ ᓇᐸᓴᒃᑕᓴᒃ ᐊᒪᐃᑦ ᐃᓗᑐᐅᓴᖅᓗᒍ ᓄᓪᐳᐊ ᓴᖅᑲᓴᖅᓚᓄᑦ ᓴᑲᓴᖅᓚᓗᒍ. ᑲᓴᓪᒪᐊ ᓴᑭᑎᓪᓕᐃᑦ ᐊᒪᐅᑎᓴᖅᓂᓗᒍᓂᓴᒃᓴᐅᓗᒍ. ᐊᒪᐅᑎᓴᖅᓂᓗᒍᓂᓴᒃᓴᐅᓗᒍ. ᐃᓗᑐᐅᓴᖅᓗᒍᓂ, ᓴᑭᓪᓚᕐᓂᖅᓴᑦ ᓇᐸᑎᓇᓪᓚᐊᓗᒍ. (ᑎᑎᕐᐅᓴᖅᓴᓪᓚᓕᓪᓴᖅ ᑕᑯᓪᓗᒍ)

4. Balancing napartaq on thumb nail, flip it with other free hand.

5. Balance napartaq on each finger nail from index to little finger repeating as for thumb. (See Diagram)

6. Bend elbow bringing wrist to chest. Place the tip of the napartaq on elbow and flip with other free hand. (See Diagram)

7. Place tip on shoulder and flip.

8. Holding the tip between the fingers, throw the napartaq at the wood five times.

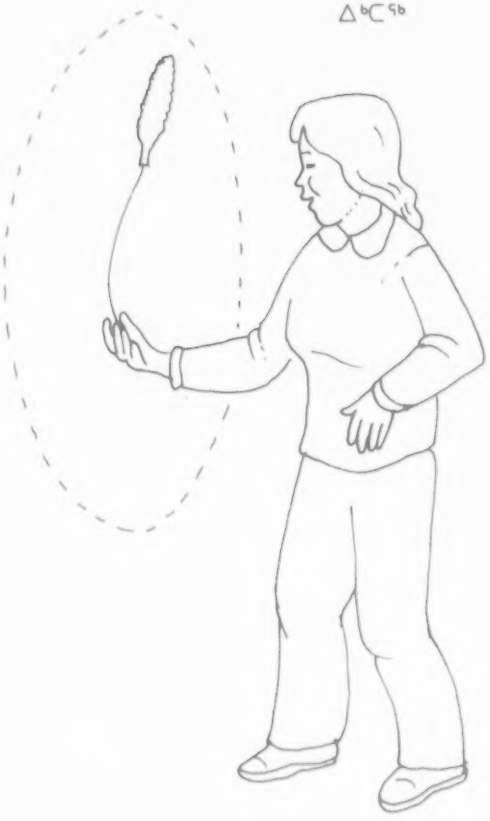
9. Hold right ear with left hand. Place right hand behind arm and close to chest. Flip napartaq from right hand. Switch arms. (See Diagram)

10. Balance tip off head and flip.

Please Note: If any part of the napartaq touches the wooden block, counts as loss.

Ipluktaq

ᐃᒃᑕᖅ



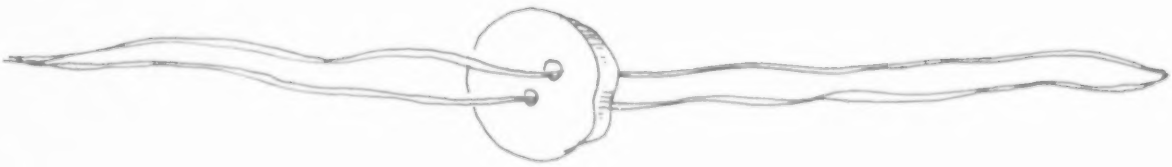
14. IPLUKTAQ

A small piece of wood measuring about 8-9 inches long is whittled into the shape of a knife. Little notches are cut into the outer edge of the ipluktaq. A string about 15 inches long is attached to the unnotched edge with a small loop for the finger. The ipluktaq is swung around in a circle, either forward or back, until a whirring sound is made.

14. ᐃᑦᓗᒃᑕᖅ

ᖃᓄᐊᖅᓯᒪᔪᑦ ᐃᓕᓴᖅᑲ ᐃᓚᖅᓇ ᑕᑎᑎᓗᒍ 8-9" ᐅᖅᑯᑕᖅᓯᒪᑦ ᐱᓪᑕᐅᓗᓐᓂᖅᓵᓪᓕᑦ ᐱᓪᑕᐅᑎᐅᑦ ᓴᓇᓪᓚᖅᓗᑦ ᓴᓇᓗᓂ. ᖃᓄᐊᖅᓯᒪᔪᖅ ᐃᑎᖅᓴᓕᐅᓗᒍ ᓴᓂᖅᖃᖅᓗᑦ ᐃᑦᓗᑕᐅᑦ ᐊᒥᓱᒥᐊᓂ. ᐃᑦᓗᖅᑕᓗᑦ ᐊᑲᓂᐅᓴᖅᒥ ᐃᓕᓴᖅᑲ 15" ᑕᑎᑎᕐᒥᖅ, ᐊᑲᓗᓇᐅᕆᐅᑦ ᐃᓱᐊ ᖃᑎᖅᓴᓂᖅᓯᒪᑦ ᐃᓂᒋᓂᐊᑕᖅᓴᓂᒃ ᐳᑐᖅᓂᓗᒍ. ᖃᑎᖅᓴᓂᖅᓯᒪᑦ ᓇᒪᑐᐃᓇᓚᐊᖅᓗᒍ. ᐃᑦᓗᖅᑕᖅ ᑲᐃᕿᑎᖅᓗᒍ ᓱᐅᑦᓯᒪᑦ ᐅᑎᒧᑦᓵᓪᓕᑦ. ᑲᐃᕿᑎᖅᓴᓂᓵᓂᖅᓗᒍ ᑲᐃᕿᓂᒋᑎᓂᓂᐊᒪᓂ. ᖃᓄᐊᒃᓴᒍᓂᓂᐊᒪᓕᑦ.

Imiglugtaq ᐃᒥᓗᐅᒃᑐᖅ



15. IMIGLUGTAQ

A small piece of caribou antler or bone has two holes drilled through it in the middle. Two pieces of thong or string are threaded through each hole and joined together at the ends. The bone is first spun around either forward or backward and the ends are pulled outward making the string tight. The bone makes a whirring sound as it spins around.

15. ᐃᒥᓗᐅᒃᑐᖅ

ᒥᑉᓄᒥᐊᕐᓂᐊᖅᓯᓗᓂ ᑐᓴᖅ ᓄᑦᔪᐊᓄᑦ ᐅᓪᓚᓯᖅᓱᑦ ᓴᐅᓱᖅᑎ ᓴᓄᓕᒫᒥ, ᐊᖅᓚᔨᖅᑲᓂᓗᓗ ᓚᖅᖅᓱᑦ ᖅᑎᖅᓚᔪᓪ. ᐊᖅᓂᓄᓚᖅᓱ, ᐅᓪᓚᓯᖅᓱᑦ ᐊᖅᓂᓄᓚᐅᔭᖅᓱᑦ ᓚᑲᓕᒫᓚᖅᓗᓗ ᐃᓕᖅᑎᒍᒍ ᖅᑕᓕᒫ, ᐊᖅᓂᓄᓚᖅ ᐊᖅᓂᓄᓚᐅᔭᖅᓯᖅᓱᑦ ᕿᐊᑎᖅᓗᓗ ᓴᕈᐱᖅᓚᖅᓯᖅᑕᖅ ᐊᖅᓂᓄᓚᖅ ᐊᑐᖅᓗᓗ ᓴᕈᐱᖅᓚᖅᓯᖅᑕᖅ ᐅᐃᑎᑎᒍᓪᓗᓗ ᓴᕈᐱᖅᓚᖅᓯᖅᑕᖅ ᐅᐃᑎᑎᒍᓪᓗᓗ ᐱᒋᐊᖅᑐᖅ ᓴᕈᐱᖅᓚᖅᓯᖅᑕᖅ ᐅᐃᑎᑎᒍᓪᓗᓗ ᐱᒋᐊᖅᑐᖅ ᐊᖅᓂᓄᓚᖅ ᐊᖅᓂᓄᓚᐅᔭᖅᓯᖅᓱᑦ ᐊᖅᓂᓄᓚᖅ ᐊᑐᖅᓗᓗ

Atayak (Sand Ball)

ᐊᒋᔭᖅ (ᓯᐅᖏᑦ ᐃᓗᓕᓴᐅ)

1. ATAYAK (SAND BALL)

A pouch measuring about 4-5 inches in diameter is made out of sealskin or caribou skin and filled with sand. Everyone picks a partner. The ball is tossed into the group and whoever catches it must then pass it to their partner, trying to keep it away from everyone else. When the bag is taken away, that person then tries to throw it to his/her partner. Boundaries are set within an undetermined area.

1. ᐊᒋᔭᖅ (ᓯᐅᖏᑦ ᐃᓗᓕᓴᐅ)

ᐅᖅᑖ ᐃᓕᓴᖅ ᐅᑉᑐᕐᔪᑦ ᐊᖏᑎᓂᔨᖅ ᐃᒪᖅᓗ 4-5" ᓴᓗᐅᔨᒪᓂᖅ ᓇᑦᑎᐅᑦ ᖃᕐᓂᐊᓕᖅ ᐅᑉᓭᓗᖅᓂᑦ ᑐᓴᐅᒃ ᐊᒥᖅᓴᓂᖅ ᐃᓗᓕᓴᐅᒃᑐᕐᔪᒪᓗᑦ ᓯᐅᔨᐊᓂᖅ. ᑕᐃᑲᐊᐊᒋᐊᖅᑐᑦ ᐃᓚᒋᓂᐊᖅᑕᒥᓂᖅ ᓂᕈᐊᖅᓯᓗᑎᒃ ᖃᑎᖅᐊᓂᖅᑕ ᐃᓗᐊᓂᖅ ᐊᑐᓂᖅᓴᓗᓂᖅ ᐃᓚᒋᓂᖅ ᐃᒥᖅ ᓗᓂᐅᑦ ᑐᓂᒥᐊᖅᓴᓗᑦ ᐃᓚᖅᑕ ᐊᓯᖅᑕᐅᖅᑕᐃᓕᒥᒋᐊᖅᓴᓗᑦ. ᐃᓚᖅᑕ ᐊᓯᐊᓚᓂᖅ ᐊᑐᖅᑕᐅᖅᐸᑦ. ᒎᑲᓪᓚ ᐊᑐᓯᓚᓂᖅ ᐃᒥᖅᓴᓗᑦ ᐃᓚᖅᑕ ᐊᑐᓂᐊᖅᓴᓗᓂᖅ ᐊᒋᐅᑲᓴᖅᑎᑦ ᐊᑐᖅᑕᐅᖅᑕᐃᓕᒥᒋᐊᖅᓴᓗᑦ. ᖃᓄᖅ ᐊᑐᓯᓚᓂᖅ ᐃᓚᖅᑕ ᐊᑐᓂᐊᖅᓴᓗᓂᖅ ᐊᒋᐅᑲᓴᖅᑎᑦ ᐊᑐᖅᑕᐅᖅᑕᐃᓕᒥᒋᐊᖅᓴᓗᑦ.

2. ARKSANIK (SOCCER)

A small hard, but light, ball is kicked by opposing teams. Players cannot use their hands. A field is marked off and players from each team run from one end of the field to the other kicking the ball to their team-mates. Opposing players would try to steal the ball away and take it in the opposite direction. A team wins when they get the ball to the other end of the field. The losing team gets the ball and tries to kick it to the other end of the field.

3. AMAGOYAK (WOLFMAN)

One person is a wolfman and tries to tag other players who are caribou. If a caribou is tagged, they also become a wolfman and join in the chase. The last person to be tagged then becomes the new wolfman and everyone else scatters trying to get away from the wolfman.

2. ᐊᕐᓴᓂᓐᓄᒃ

ᒥᑭᓚᓗᐊᖅᑎᓂᒃᓴᓐ, ᐅᖃᓚᐱᕐᓂᑐᖅ, ᐅᖃᑭᑐᖅ ᐊᕐᓴᓂᖅ ᐱᓗᒥᓄᑦ ᐊᑭᕆᐊᓂᓄᑦ ᐊᕐᓴᓂᖅᑐᖅ ᐊᓚᒥᓂᒃ ᐊᑐᓕᐊᓂᓄᖅ ᐊᕐᓴᓂᖅᑐᖅ. ᐊᕐᓴᓂᖅᐱᓂᖅ ᓄᓇᐱᐊᓂᓄᑦ ᑕᐃᓘᑦᐊ ᐊᕐᓴᓂᐅᑎᕐᓂᖅ ᐊᕐᓴᓂᖅᒥ ᐊᖃᕐᓂᖅᑲᑦᓴᓐᓂᒃ ᐅᑭᕆᓂᖅᒥ ᓄᓇᒥᖅᓄᑦ ᐱᓚᒥᓄ ᑐᓂᒥᐊᖅᑲᑦᓴᓐᓂᒃ. ᑕᐃᓘᑦᐊ ᐊᑭᕆᓂᐅᑎᕐᓂᖅ ᐃᑎᒥᐊᖅᑲᑦᓴᓐᓂᒃ ᐊᕐᓴᓂᖅᑐᖅ ᐃᓚᒥᕐᑕᓂᓂᒃ, ᐃᑎᒥᐊᖅᑲᑦᓴᓐᓂᒃ ᐊᑭᕆᓂᐅᑎᕐᓂᖅ ᐊᑭᕆᓂᖅᒥ ᓄᓇᒥᖅᓄᑦ ᐱᓚᒥᓄ ᑐᓂᒥᐊᖅᑲᑦᓴᓐᓂᒃ. ᑕᐃᓘᑦᐊ ᐃᑎᕐᓂᐅᑎᕐᓂᖅ ᐃᓕᓴᕐᓂᓂᒃ. ᑕᐃᓘᑦᐊ ᐃᑎᕐᓂᐅᑎᕐᓂᖅ ᐊᕐᓴᓂᖅᒥ ᐱᓕᕐᓂᓴᓐᓂᒃ ᐊᑭᕆᓂᐅᑎᕐᓂᖅ ᓄᓇᒥᖅᓄᑦ ᐱᓚᒥᓄ ᐃᑎᕐᓂᐅᑎᕐᓂᖅ.

3. ᐊᓪᓚᑲᖅᓴᖅ

ᐃᓄᒃ ᐊᑕᐅᓯᖅᓴᖅ ᐊᓪᓚᑲᖅᔪᓂᓂᒃ ᐊᓯᒥᓂᒃ ᐊᑲᑎᕐᓯᓂᒃ ᑕᐃᓘᑦᐊ ᐊᑲᑎᕐᓯᑕᐅᓯᐊᖅᑎᑦ ᑐᑐᖅᔪᓂᒃ, ᑐᑐ ᐊᓪᓚᑲᑕᐅᔪᓂᒃ, ᐊᓪᓚᑲᖅᔪᐊᖅᔪᖅᑕᐅᓕᖅᓴᓂᒃ, ᐅᓯᒥᓂᒃ ᐊᓪᓚᑲᓯᓄᖅᔪᖅᑕᐅᓕᖅᓴᓂᒃ. ᑕᐃᓘᓄᐃ ᑲᑎᔪᖅᓴᖅᑐᓂᒃᐊᖅᔪᓂᒃ ᐊᓪᓚᑲᖅᑕᐅᓕᖅᓴᓂᒃ ᐊᓪᓚᑲᖅᔪᓂᒃ ᐊᓪᓚᑲᖅᓴᓂᒃ. ᐊᓪᓚᑲᖅᓴᒃ ᑐᑐᖅᔪᐊᓂᒃ, ᐊᓪᓚᑲᖅᓴᒪᑕ ᐊᓪᓚᑲᑕᐅᓄᓇᖅᓴᓂᒃ ᐊᓪᓚᑲᖅᑕᐅᓕᖅᓴᓂᒃ. ᑕᐃᓘᓄᐃ ᑲᑎᔪᖅᓴᖅᑐᓂᒃᐊᖅᔪᓂᒃ ᐊᓪᓚᑲᖅᑕᐅᓕᖅᓴᓂᒃ ᐊᓪᓚᑲᖅᔪᓂᒃ ᐊᓪᓚᑲᖅᓴᓂᒃ ᐊᓪᓚᑲᖅᑕᐅᓕᖅᓴᓂᒃ ᐊᓪᓚᑲᖅᔪᓂᒃ ᐊᓪᓚᑲᖅᓴᓂᒃ.

4. ANAULIGAK (INUIT BASEBALL)

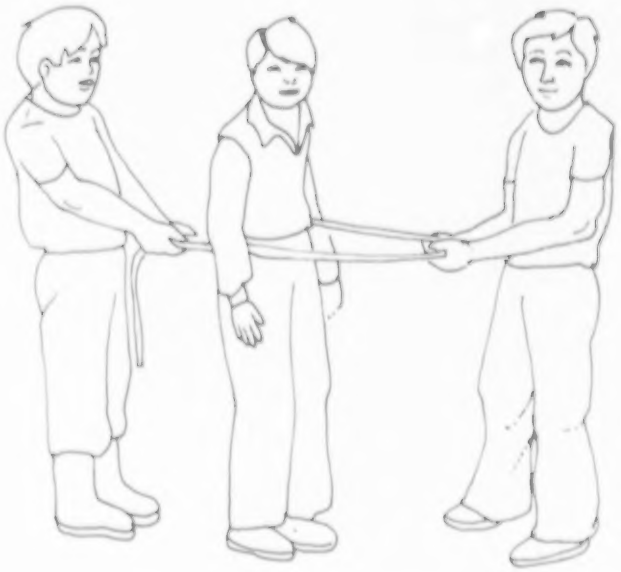
There are 4 bases equal distance apart without a home base. The batter stands between first and fourth base with the team lining up behind. The pitcher throws the ball and the batter hits it. There is a lot of freedom given the runner as he can run anywhere he can to avoid being hit by the ball. Players out in the field must throw the ball at the runner to tag him out. Once a player reaches fourth base, he is "home". If the ball, once hit, bounces on the ground more than two times before being picked up, it is thrown at the runner. If, however, it is picked up *before* two bounces (in air or off ground), the batter is out. The person who caught the ball must throw it into the air giving the batting team a chance to retain their batting position. The batting team must rush over and try to get the ball before it bounces twice. If unsuccessful, they lose and must go into field position. But, if successful, the ball is thrown once again into the air until one of the teams loses. As soon as one batter is out, the whole team is out. There are no strikes or balls, but the ball is pitched until hit. All players participate, even the back-catcher, in throwing the ball into the air when caught before two bounces.

4. ᐊᓇᐅᓕᑦ (ᐃᓄᖏᑐᑦ)

ᓯᑕᒪᓂᖅ, ᐅᖃᓕᓂᖃᖅᑎᑦ ᐊᐅᑦᓯᑎᑦ, ᓄᓇᖃᖅᓯᓂ ᐊᖃᕐᕋᖃᖅᑎᓂ. ᐊᓇᐅᓕᖅᓂᐊᖅᑐᖅ ᓇᖃᖅᓯᓂ ᓯᐅᓕᖅᕿᑦ ᓯᑕᒪᖃᒪᒃ ᐊᑯᓂᖅᓯᓂ, ᐃᒪᖃᖅᑎᑦ . ᐊᓇᐅᓕᖅᓂᐊᖅᑐᑦ ᑐᓄᐊᓂ ᐅᑕᖅᑭᑎᑦ. ᐃᑎᑎᕐᕋᖅ ᐊᓇᐅᓕᑦᓯᑎᑦ ᐃᑎᓂᐅᐅᖅ ᐊᓇᐅᖅᐅᓂᓂ, ᐃᓕᓴᖅᓯᓄᑦ, ᐃᒪᓇ ᓇᒧᑐᐃᓇᖅ ᐅᓪᓗᓇᖅᓂᓂ ᒥᓂᖅᑕᐅᑕᐃᓕᒪᓂᓂ ᐊᓇᐅᓕᒪᖅᓯᒪᓂ, ᒥᓂᖅᑕᐅᕐᒪᖅᓯᒪᓂᓂ ᖃᐅᔨᓇᓕᒫᓂᓂ ᐃᓗᓐᓄᑦ ᑕᐅᕐᓇᓕᖅᑐᓂᓂ ᐊᓇᐅᓕᒪᓕᖅᑎᑦ ᐃᑎᑎᕐᕋᖅ ᐅᓂᒃᑕᐅᓂᐊᖅᑐᓂᓂ. ᐊᓇᐅᓕᒪᓕᖅᑎᓂ, ᐊᓇᐅᖅᐅᓂᓂ, ᐱᖅᓯᖅᑕᑐᐊᕐᓂᓂ ᐱᖅᓱᓗᐃᖅᓯᓂᒃᓂᓂ ᑕᐃᑦᓗᓂᖅᑎᑦ ᐃᑎᑎᑐᓂᓂ. ᐊᑐᒪᑦᑕᐅᖅᑐᖅ ᐊᓇᐅᖅᐅᓂᓂ ᐱᖅᓯᖅᑕᐅᕐᓇᖅᓯᒪᓂᓂ, ᑕᐃᑦᓗᓇ ᐊᓇᐅᓕᖅᑎᑦ ᐊᑐᒪᑦᑕᐅᖅᑐᖅ, ᑕᐃᑦᓗᓇ ᐊᑐᓕᓗᓐᓄᑦ ᐃᑎᑎᑐᓂᓂ. ᐊᓇᐅᓕᖅᑎᑦ ᐊᑐᒪᑦᑕᐅᖅᑐᖅ ᐱᖅᓯᖅᑕᐅᕐᓇᖅᓯᒪᓂᓂ ᐊᓇᐅᓕᖅᑎᑦ ᐃᑎᑎᑐᓂᓂ.

Rope Tag

ᐊᐅᓗᓪᓚᑦ ᐃᓚᒪᑕᐅᕆᐊᖅᓂᖅ



5. ROPE TAG

Two people hold a long rope looped into a long oblong shape. Any number of players go inside the rope and stand in line one next to the other. There is one person outside the rope who tries to tag one of the people holding the rope. The inside people must try to tag the person outside the rope. This causes some interesting push and pull effects. If the outside person is successful in tagging a rope-holder, he then takes that position while the rope holder goes into the rope circle and the other rope holder becomes the outside tagger.

5. ᐊᐅᓗᓪᓚᑦ ᐊᓚᒪᑕᐅᕆᐊᖅᓂᖅ

Unark (Harpoon Throw)

ᐅᓐᖅ (ᐅᓐᖓ ᐃᒥᔪᓂᖅ)

6. UNARK (HARPOON THROW)

A harpoon is thrown from a set line as far as possible. The person throwing the farthest is the winner. Sometimes the harpoon is thrown at a target.

6. ᐅᓐᖅ (ᐅᓐᖓ ᐃᓕᒥᔪᓂᖅ)

ᐅᓐᖅ ᐃᓕᑕᐅˑᓗᓂ ᐃᒥᐊᐅᓕᐊᖅᑐˑ ᓐᓴᓂᑦ ᐅᖃᓕᓕᖅᓯᒪᑦ ᐃᓕᓕᐊᖅᓄᑐ. ᑕᐃᒪᓐ ᐅᖃᓕᓕᖅᓯᒪᑦ ᐃᒥᐊᔪᖅ ᐊᓪᓚᖅᖁᓂᐊᖅᓄᓂᓂ. ᐃᓴᓐᓂ ᐅᓐᖅᑎᑦ ᐃᒥᐊᓕᓄᑦ ᓯᓐᑐᐃᓐᓐᓂᖅᓗ ᑲᐱᓕᐊᖅᓄᑎ.

7. MILLUNGUANNIK (THROWING STONES)

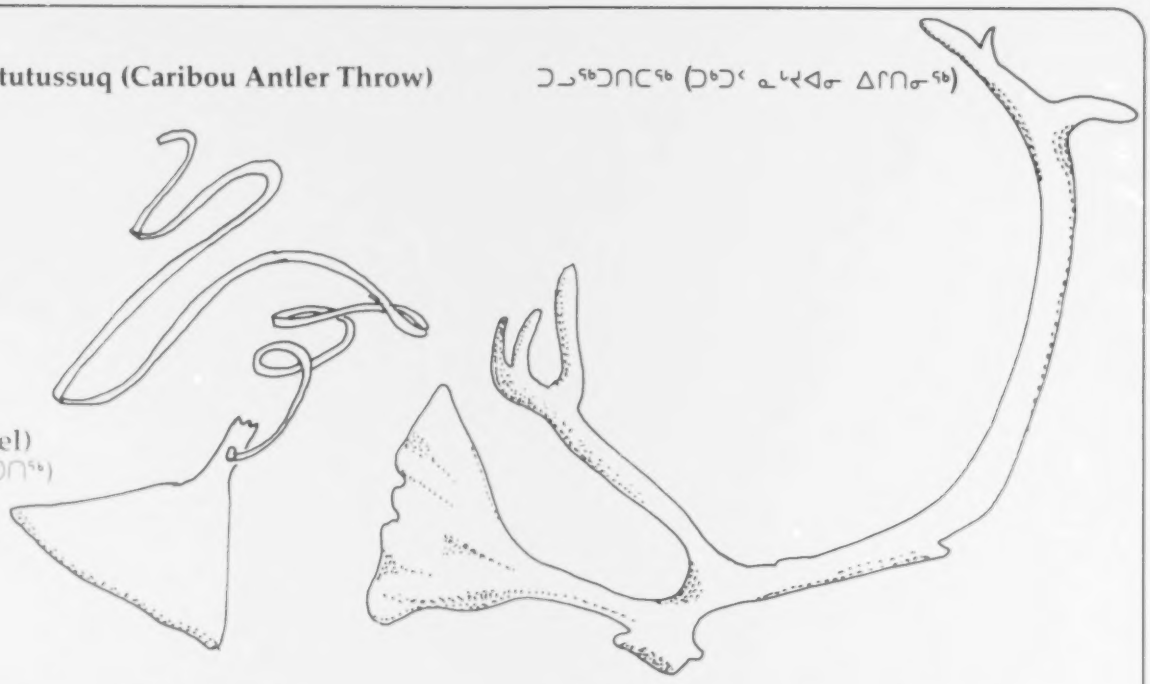
Stones are thrown at a target. Sometimes the target is other stones lined up on a big boulder or birds. The person who would knock the most stones off the boulder would be the winner. Flat stones are also thrown on the surface of water to see who can get their stone to skip the most.

7. ᑎᒃᓄᖅᔪᐊᖅᓂᖅ

ᐅᓴᖅᐃᑦ ᐃᓕᑕᐅᖅᑲᑦᑕᖅᓄᑦ ᓇᓄᓇᐃᑯᑦᓗᑦ. ᐃᓴᓐᓂ ᑎᒃᓄᖅᔪᐊᖅᑲᑕᖅᑐᑦ ᐅᓴᖅᐃᑦ ᓴᓂᓪᓚᖅᓄᑦ ᐅᕐᓂᔭᓐᓂᑦ ᖁᐊᓂᓇᓄᖅ. ᑕᐃᒪᓐ ᐃᓄᐢ ᐅᓴᖅᑲᓂᐢ ᐅᑭᑎᑎᓄᓇᐊᓂᖅ ᐊᓪᓚᖅᖁᓂᐊᖅᓄᓂᓂ. ᐊᒻᒪᓗ ᓴᑦᑐᐃᓂᐢ ᐅᓴᖅᖃᓂᐢ ᐃᒪᐅᑦ ᖁᑲᖃᖅ ᐃᓕᑕᐅᖅᑲᑦᑕᖅᓄᑦ ᐃᖃᓗᓐᓂᖅᓄᓇᓄᐢ ᓄᐊ ᐃᓕᑕᐅᖅᑲᑦᑕᖅᓄᑦ ᖁᑲᖃᖅ ᐃᖃᓗᓐᓂᖅᓄᓇᓕᐊᓂᖅᓄᓂᓂᐢ ᐱᓚᖅᑕᖅᑐᓂᓂ.

Tuluktutussuq (Caribou Antler Throw)

ᑐᓗᖅᑐᑎᑕᖅ (ᑐᒃᑐᑦ ᓇᓴᐊᓂ ᐃᒥᓂᖅ)



8. TULUKTUTISSUQ (CARIBOU ANTLER THROW)

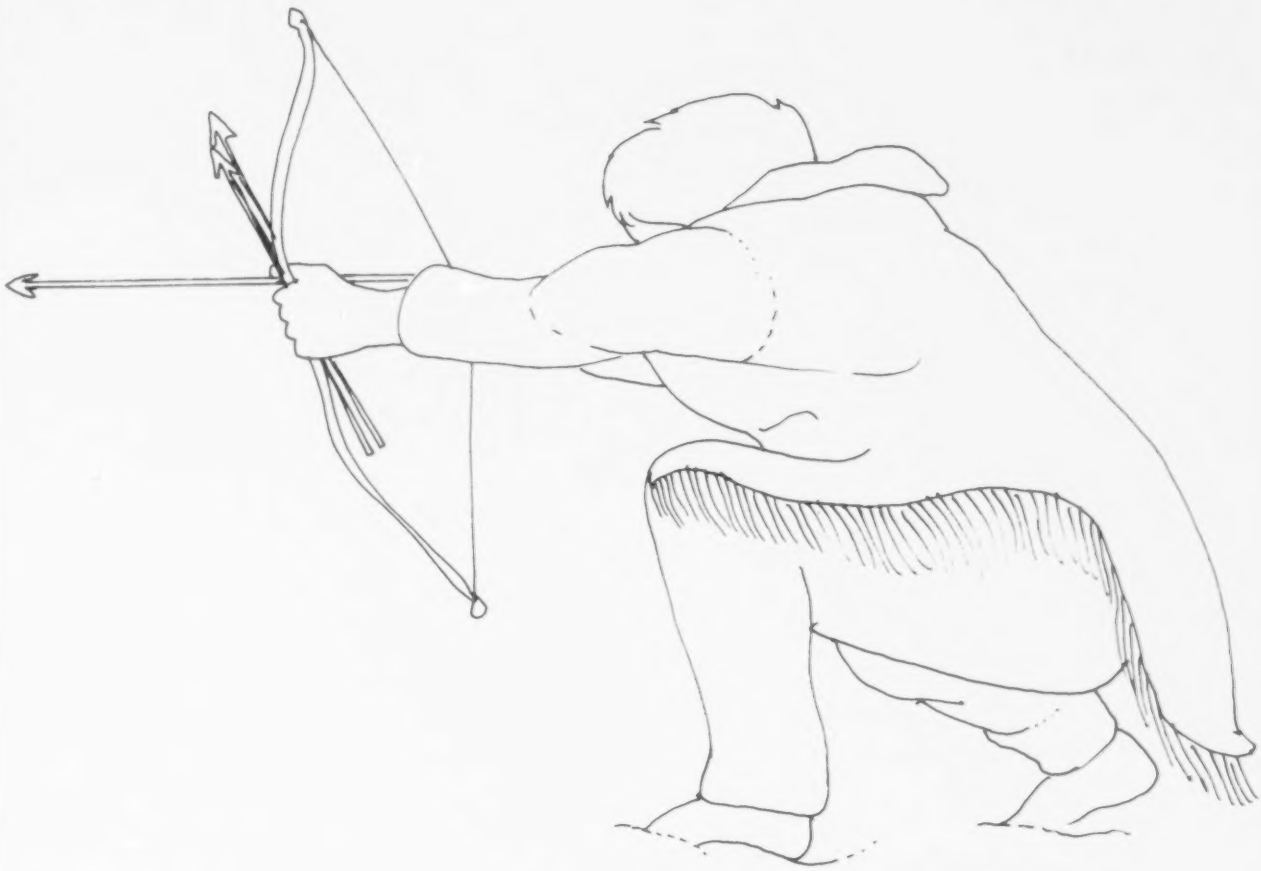
The shovel or brow tine is taken from the caribou antler and sharpened. A piece of rope is attached to the end. The antler is swung around and swiftly released at a target. The antler has amazing sharpness and strength and has been known to go right through a caribou. This piece of equipment is more of a hunting tool than a play thing, but as in other games, the hunting tools are used in play in order to practice skills in accuracy and distance. (See diagram. The Antler shown is half a rack.)

8. ᑐᓗᖅᑐᑎᑕᖅ (ᑐᒃᑐᑦ ᓇᓴᐊᓂ ᐃᒥᓂᖅ)

ᑐᒃᑐᑦ ᓇᓴᖅᓚᓂ ᐃᓴᓗᐃᓇᖅᑎ, ᐃᐱᒃᓴᖅᑕᐅᓗᓂ ᓴᓇᓗᓂ. ᐃᓯᐊᔪᑦ >ᑐᓪᐅᖅᓗᔪ ᐅᕐᓪᓗᖅᓂᒃᓂᑦ ᓇᓴᐊᒃ ᐊᒃᓗᓇᖅᑎ ᖃᖅᓪᓚᕆᐊᑎᓗᔪ. ᐊᒃᓗᓇᖅᓚᑦ ᑎᔪᓗᔪ ᒃᐃᐃᑎᓗᔪ ᒃᐳᑎᑎᓇᓯᓗᔪ ᓴᖅᑯᐊᓪᓴᓗᔪ. ᓇᓴᐊᒃ ᐃᐱᒃᑐᒪᓕᓀᐊᓗᖅᓚᑎᒃ ᐱᔪᖅᓗᑎᓗ ᐱᔪᓗᐊᓕᑦ ᑐᒃᑐᓂᒃ <ᑐᓯᒃᓇᒪᔪᖅ. ᐊᖅᔪᓇᑕᐅᒪᒥ ᖃᑎᒍᑕᐅᖅᑎᑐᒪᓗᐊᖅ, ᑭᓯᐊᓂ ᐱᖅᔪᐊᕈᑕᐅᕐᓪᓕᐅᖅᑎᓪᓕᑦ ᑭᓇ ᐃᖅᖅᑯᓯᓇᖅᔪᓇᓴᒪᓇᒃᖅᒪᖅᑕ ᖃᐅᓕᓇᓯᓇᖅᑐᑦᓗᑎᒃ. ᑭᓇᓗ ᐅᖅᑲᓯᓀᖅᒪᑦ ᐃᒥᓇᓇᒪᖅᑕ. (ᑎᑎᖃᐅᒃᖅᓯᒪᓴ ᑕᑯᓗᔪ. ᑕᑯᓴᐅᓴᖅ ᓇᓴ ᓇᑦᑉᖅᑕ.)

9. ᐸᑦᑕᒃ ᐱᓴᓚᖅᑕᖅᑐᖅ (ᒪᓐᓂᒃ)

ᑎᖅᒥᐊᑦ ᒪᓐᓂᖅᑭᑦ ᒃᑎᑕᐅᑦᓗᑎᒃ ᐅᐱᖅᖃᓗᑦ, ᖅᒃᓯᖅᑎᓗᑦ ᐃᒪᑦᓗᑎᒃ, ᓴᒃᑎᖅᓴᑎᓗᑦ ᐃᓕᓴᐅᑎᓗᑦ, ᒪᓐᓂᒃ ᓴᖅᑭᑎᓗᑦ ᐱᓕᕆᔨᑦ ᐃᓕᓴᐅᑎᓗᑦ ᐊᑐᓕᖅᑐᑦ ᐃᓕᓴᐅᑎᓗᑦ ᐃᓕᓴᐅᑎᓗᑦ ᐃᓕᓴᐅᑎᓗ

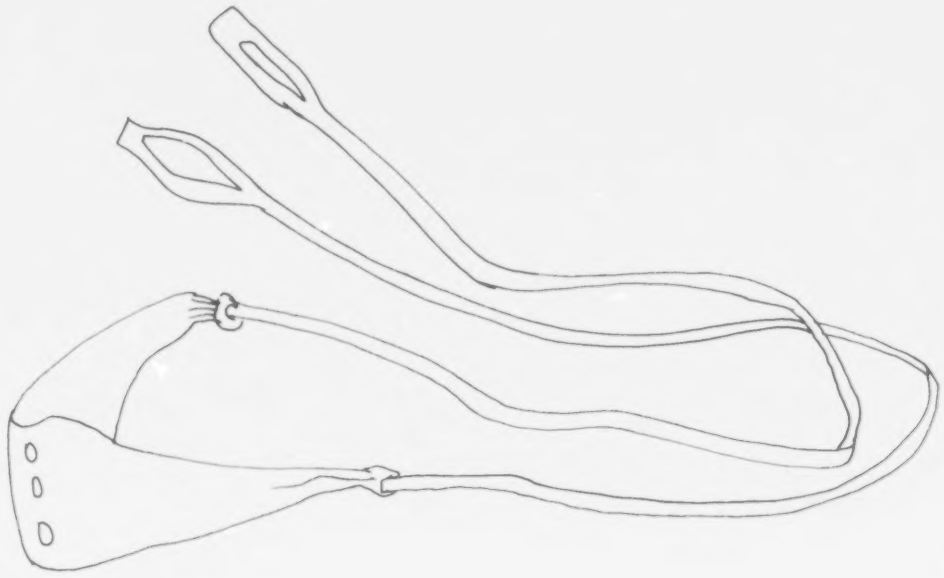


10. PITITSIK QATJULU (BOWS AND ARROWS)

It is not known exactly how long the bow and arrow has been in the north, but they were used for hunting and play. Made of either wood, antler, or caribou bone, they proved to be very effective. Games were made up for practicing skills in accuracy and distance by shaping snow animals or men for target practice.

10. ᐱᑎᒃᓴᒃ ᖃᓄᐊᓕᓐᓄ

ᖃᒃᓗᓐᖅ ᐊdσᐅᑎᒋᔪᖅ, ᓇᓪᐅᑦᑎᐊᕐᓂσ, ᐱᑎᒃᓴᓗ ᖃᒃᖅᔪᐊᓗ ᐃᓗᐃᑦ ᓄᓇᖏᓕσᓪᓚᖏᑦ. ᑭᓴᐊσ ᐊᖏᒍᓱᑦᑐᐅᓪᓚᐅᑦᑐᖅ ᖃᑎᒍᑦᐅᓪᓚᐅᑦᑐᖅ, ᓴᓇᓴᒪᔪᓇᓐᖅᑐᖅ ᖃᔪᐊᕐᔪᖏᒥ, ᑐᒃᑐᑦ ᓇᒃᔪᖏᓕσ ᐅᔪᓪᓚᓐᓂᑦ ᑐᒃᑐ ᓴᐅσᖏᓕσ, ᑭᓴᐊσ ᐊᑐᕐᑐᒪᓂᒃ ᖃᑎᒍᑦᐅᓪᓚᐅᑦᑐᖅ ᑭᓇ ᐱᑎᒃᑕᑎᐊᔪᓇᖏᒪᖏᑦ ᐅᓴᑕᓂᑎᒃ, ᐊᐅᓪᒥᒃ ᐅᒪᔪᖏᐊᓕᐅᖅᓚᑎᒃ ᐅᔪᓪᓚᐅᑦᑐᖅ ᐅᔪᓪᓚᑎᒃ ᐅᒃᓴᑕᒃᓴσᒃ.



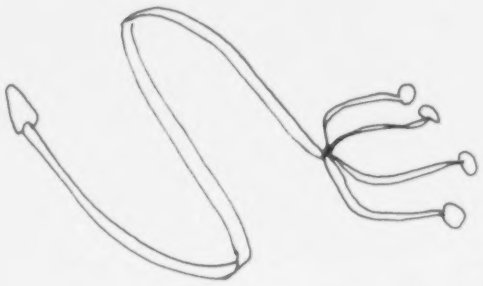
11. QUIKIUTUNNGUAK TASIJUALIK (SLINGSHOT)

A sling is made from a length of rope or hide about 3-4 feet long. A loop is made at one end and a knot at the other end. In the middle of the hide rope is a patch about 4-5 inches long and about 2-3 inches wide. A few small holes are made in the middle of this patch. The loop is put on the index finger, a few stones are placed in the leather patch and the knotted end of the rope is held between the finger and thumb of the same hand. The slingshot is swung around and released at a target, usually birds, by releasing the thumb. Players challenge each other with the slingshot by testing their skills for distance and accuracy.

11. ᖃᓯᕗᑭᐅᖏᓪᓗᑎᒃ ᑕᓯᔨᐊᓕᖅ

ᑕᓯᔨᐊᓕᖅ ᐊᑲᓗᓇᒥᒃ ᓴᓇᓯᒪᔪᓐᓂᖅ, ᐅᖃᓕᔪᓐᓇᖅᑕ ᐊᒥᔪᒥᑦ 3-4 ᐅᑲᑐᐅᑎᑐᑦ ᑕᑭᑎᑦᓐᓂᖅ. ᐃᓯᐊᑕ ᐃᒪᓐᐊᑲ >ᑐᖏᒃᖏᓐᓄᑦ ᐃᒪᓐᐊ ᖃᓄᓯᓕᓐᓄᑦ. ᐊᑲᓗᓇᖅ ᖃᑎᓐᓂᐊᖏᓕᓂ ᐃᓕᓂᐸᒥ ᐃᓚᖏᒃ 4-5" ᓯᓕᒃᑎᒥᓐᓄᑦ, ᑕᑭᑎᒥᓐᓄᑦ, ᓴᓂᒪᑦ 2-3" ᓯᓕᒃᑎᒥᓐᓄᑦ. ᐃᓕᓴᓂᐸ ᐊᖏᓚᔨᖏᒃᓴᓄᑦ. ᖃᓄᖏᒃᓴᑦᑐᖅ ᐊᒥᓯᓐᓂᐊᖏᒥᐊᓐᒥᑦ, >ᑐᖏᒪ ᑎᑭᓴᒪᑦ ᓄᐃᑎᑦᓐᓄᑦ ᖃᑎᖃᓂᑐᒧᑦ ᐃᓕᓕᓂᐸᒪᑦ ᐅᓴᖃᖏᒥᒃ ᐃᓕᓕᓂᐸᒪᑦ, ᑕᐃᓚᓇ ᑭᓴᓕᖏᓂᔨᖏᒃ ᑎᒍᓐᓄᑦ ᑎᑭᓴᓄᑦ ᑯᓘᓐᓄᓇᓕᒻᒥᓐᓄᑦ. ᑯᐃᑎᑐᐊᖏᓕᓂ ᑎᒍᒥᐊᓕᓂᐸᖏᓂ ᑲᐃᑎᒪᔨᓄᑦ ᐃᓕᓐᓂᐊᓚᐅᑦᓐᓄᑦ ᐃᓕᓐᓂᐊᖏᓐᓄᑦ ᐃᓚᖏᒃᓴᓄᑦ ᐃᓕᓐᓂᐊᖏᓐᓄᑦ ᐅᓴᖃᖏᒥᒃ ᐊᒥᓐᑎᒥᐊᓐᓂᒃ. ᐃᓚᖏᒃ ᑎᒥᒃᑲᓐᓂᐊᖏᓐᓄᑦ ᓴᖅᑭᑦᓐᓂᐊᖏᓐᓄᑦ ᐊᒥᓐᑎᒥᐊᓐᓂᒃ ᐃᓚᖏᒃᓴᓄᑦ ᐊᒥᓐᑎᒥᐊᓐᓂᒃ ᐊᒥᓐᑎᒥᐊᓐᓂᒃ ᐃᓚᖏᒃᓴᓄᑦ

Illuuk (Sling)



12. ILLUUK (SLING)

Similar to the slingshot, the sling is made of the same seal or caribou hide strip about 2-3 feet long. One end of the sling has a sharp point ... an empty bullet casing is excellent with a hole punched in it and attached to one end. The other end has three or four 5-6 inch long tails to provide direction in flight. At the end of these tails is an object such as a stone or bone to not only provide weight to the sling, but also to assist in getting the tails to tangle with the object/target. The sling is swung around and thrown, usually at birds.

13. KING OF THE HILL

One person gets to the top of the hill while the others try to overpower him and pull him down. Whoever succeeds, becomes the "king" of the hill.

12. ᐃᓕᓴᕐᓗ

ᖃᐅᔨᓴᕐᕕᖏᓐᓇᖅᑐᖅ ᐊᕐᓚᓪᓕᖏᓚ, ᓴᓇᓴᐅᓯᒪᑦᓪᓗ ᓇᑦᑎᐅᑦ ᖃᓯᓯᐊᓂᖅ ᐅᑦᕿᓴᖅᓂᑦ ᑐᓐᑐᑦ ᐊᒥᐊᓂᖅ ᐊᖏᓪᓇᓇᐅᓴᓐᓂᖅᑐᒥ 2-3 ᐅᖅᑐᕆᐅᑎᒥ ᑕᑎᒥᓪᒍ. ᐃᓯᐊᑕ ᐃᒪᓪᓕ ᓇᓂᕐᓀᒪᓪᒍ ... ᖃᖅᖃᓴᓂᐅᓪᓗ ᖃᖅᓇᐃᖏᑦᑐᕆᖅ ᕿᑐᓯᒪᑐᕆᖅᑕᑦ ᐃᓯᐊᓇᓂᒥ ᐊᑕᓪᒍ. ᐃᓯᐊᑕ ᐃᒪᓪᓕ ᐱᖏᓪᓯᓂᖅ ᓯᑕᒪᓂᒪᓴᖏᓂᑦ ᐃᒪᐸᖏᑦ 5-6" ᑕᑎᒥᓪᒥᑦ ᑐᖏᓇᓴᓂᖅᓴᐅᓂᐊᖏᒪᑦ ᐃᒥᑕᐅᔪᓂ ᑐᖏᖃᕐᖃᖏᓇᓇᑦ, ᐸᒥᐅᖏᓂᖅ ᓯᓇᒥᑎᐊᖅ ᐃᓕᓕᓇᓪᒍ ᐅᓴᖏᒥᒪᒪᓴᖏᓂᑦ ᐊᓯᐊᓂᒪᓴᖏᓂᑦ ᐅᖏᓚᐃᓪᒍᐅᓂᐊᖏᒪᑦᑕ, ᐊᒥᒪᓪᒍ ᐃᒥᑕᐅᓯᒪᓂᓕᑎᓂᑦ ᐃᓕᐱᓯᑕᐅᖅᑲᑕᓂᐊᒪᑕ ᐸᒥᐅᖏᒥᑦ. ᐃᓕᓴᕐᓗ ᑎᖏᒥᐊᒪᓪᓂᓂ ᐊᓯᐊᓂᒪᓴᖏᓂᑦ ᐱᓇᓯᐊᖏᓪᓂᓂ.

13. ᓯᑐᖏᖅᑐᑦ ᐃᓯᒪᑕᖏᓯᐊᖏᖅᒪ

ᐃᓚᓂᖅ ᐊᑕᐅᓯᖏᖅ ᐳᖏᑐᓂᐅᑦ ᖃᖅᖃᒪᓚᓂᐊᖏᓪᓂᓂ ᐱᖏᖅᑕᑕ ᐳᖏᑐᓂᐅᑦ ᖃᖅᖃᒪᓂᑕ ᐱᖏᑎᐊᓪᓂᓂᐅᖅ, ᖃᖅᖃᒪᓂᑐᓂᖅᖏᑎᐊᖏᓪᒍ. ᑭᓇᐃᐃᓇᖅᖃᖅ ᖃᖅᖃᒪᓂᑐᓂᖅᖏᑎᐊᖏᓪᒍ. ᐃᓕᓴᕐᓗ ᑎᖏᒥᐊᒪᓪᓂᓂ ᐊᓯᐊᓂᒪᓴᖏᓂᑦ ᐱᓇᓯᐊᖏᓪᓂᓂ.

Ice Spin

ᓯᑎᒥ ᓯᑎᒧᑦ ᑲᐃᕐᓂᓂᖅ

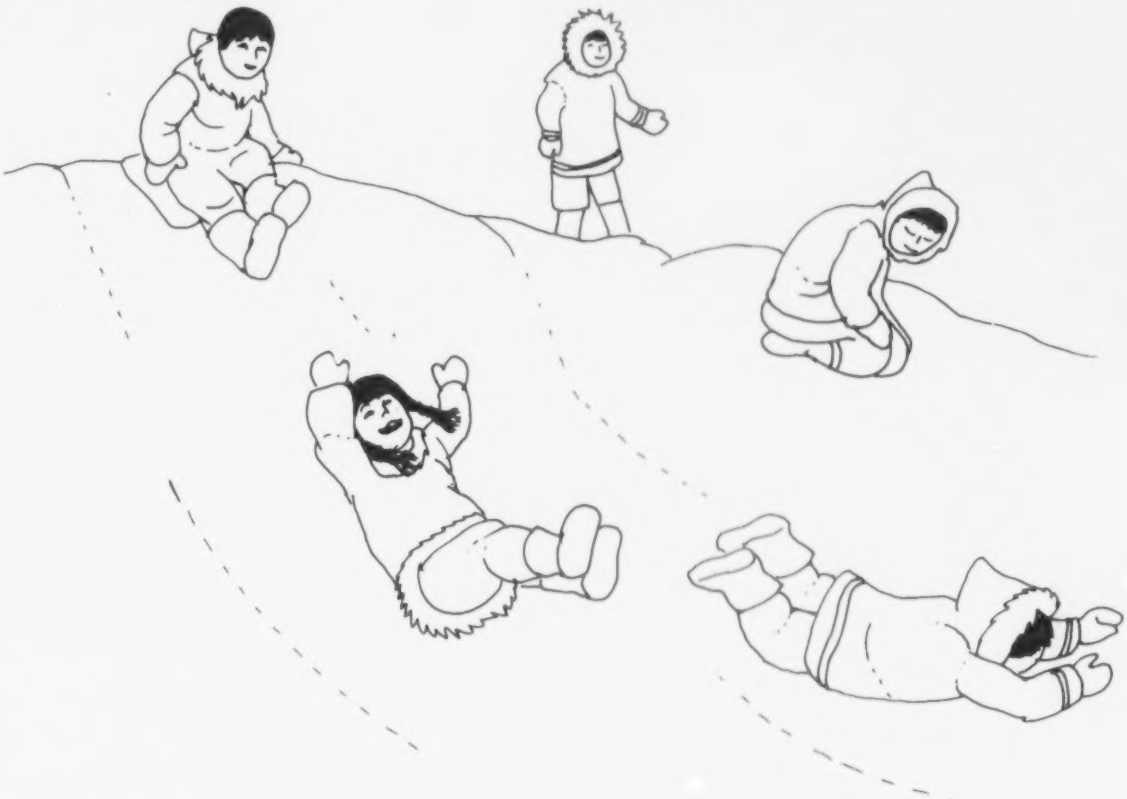
14. ICE SPIN

A large chunk of ice about 2-3 feet thick is chiseled out of the ice, and is shaped in the form of a diamond. Hand grips are dug into the sides on the top. A person sits on the top of the ice and holds onto the grip holds. A handle is made on one end of the ice with which to send the ice spinning. As the person is sitting firmly on top of the ice with feet off the surface, another person spins the ice block sending it twirling around on the icy surface. The person sitting on the ice must stay on as it slithers and slides everywhere.

14. ᓯᑎᒥ ᓯᑎᒧᑦ ᑲᐃᕐᓂᓂᖅ

ᐊᖏᓕᒥ ᓯᑎᒥᓵ ᐃᓗᒪᖅᑲ 2-3 ᐅᓵᑐᖅᐅᑎᑦ ᐊᖏᕈᑎᒥᓗᒍ ᑐᖅᓂᓂ ᑭᐸᓇᑐᓕᐊᖅᓂᒍ. ᑎᒍᒥᕆᓕᐅᓗᒍ ᓯᑎᑦ ᓴᓂᐊᒍᑦ ᐃᓂᑐᖅᑎᓂᒍ. ᑕᐃᒪᓐᓇ ᐃᑭᐅᓕᖅᑲ ᓯᑎᒥ ᑎᒍᒥᓕᓐᓂᐊᒪᑦ ᐊᐅᑕᑎᑕᐅᓕᖅᐸᑦ ᓯᑎ. ᐃᓄᓵᑦ ᖁᑲᖏᓐᓂᓂ ᑎᒍᒥᕆᖅᑎ ᑲᐃᕐᓂᓂᖅ ᑎᒍᒧᑦ ᐃᓄᓵᑦ ᓯᑎᑦ ᖁᑲᖏᓐᓂᓂ. ᐃᓄᓵᑦ ᓯᑎᑦ ᖁᑲᖏᓐᓂᓂ ᐃᓕᓴᕐᓂᓂᒍ, ᐃᓄᓵᑦ ᓯᑎᑦ ᖁᑲᖏᓐᓂᓂ ᑲᑎᕆᔨᓂᖅ ᐃᓕᓴᕐᓂᓂᒍ

Sitorok (Sliding) ᓭᑐᔅᓴᒃ



15. SITOROK (SLIDING)

There are as many different fun ways of sliding down a hill as there are children. One way is to roll forward holding onto the back of the knees to see who can roll the farthest. Another method is to put wet snow on the soles of the quamiks so that they are icy enough to slide on. Yet another way would be to slide on a small piece of sealskin or caribou skin hide.

16. DOG TEAM

Pretending to be dogs, 4-5 people are hitched to a dog sled (komatik). The 'dog' team must then pull the sled with a person sitting on it as fast as possible in a race against other 'teams'. An excellent team game, the 'dogs' may really get into it by even getting into a dog fight. The antics can be quite hilarious.

15. ᓭᑐᔅᓴᒃ

ᓭᑐᔅᓴᐅᓯᑦ ᐊᔨᒋᕐᒉᑦ ᐊᒥᓭᒪᓕᐊᓗᐃᑦ
ᖃᐅᕕᐊᓕᖅᓴᓗᑎᓗ, ᐊᐳᔨᕐᕋᓂᕐᒋᑦ ᓄᑕᖅᑐᑦ
ᐊᒥᓯᓂᕐᒥᑎᑐ ᐊᒥᓭᓗᐊᑎᒋᔭᓕᔅᓴᑦ. ᐊᖃᐅᕕᐊᕐᓚᓂᓂᓂ
ᓯᖃᐅᕐᓴ ᖃᐅᑎᓚᕐᓄᐊᓗᓕᑦ ᑎᒍᒥᐊᓕᓵᓗᓕ ᓭᑐᓂᓂ
ᐊᕐᓴᓗᕈᑕᓂᓂ ᕈᓚ ᐅᕐᓚᓭᓕᔅᓗᓕᑦ ᑎᑭᓂᐊᖏᓚᕐᓚᑦ.
ᓭᑐᖃᐅᑕᐅᔭᓚᕐᒥᔭᓴᒃ ᑲᒥᒃ ᐊᐳᒍᑦ ᖃᐅᖃᐅᑎᖃᓴᒃᓂᓂ.
ᐱᐊᕐᓴᔅᓗᓕᑦ ᓭᑐᖃᐅᓭᓗᓕᑦ ᐊᒥᔅᒥ ᓭᑐᖃᐅᑎᖃᓴᒃᓂᓂ.

16. ᖃᓄᐅ ᓭᕐᒧᐊᓴᒃ

ᖃᓄᒥᕐᕐᒧᐅᔅᓴᓂᓂ, ᐃᓄᓂᐃᑦ ᓭᑕᒪᑦ ᑕᑦᓭᒪᑦᔪᓂᕐ
ᐊᓄᓗᓕᑦ ᖃᑲᒧᑎᕐᓄᑦ ᖃᓄᒥᓇᔅᐅᓂᐊᖏᒪᑕ. ᑕᑦᑯᐊ
ᖃᓄᒪᒥᑦ ᖃᓄᒧᔅᓭᓴᓗᑎᑦ ᐃᓄᓂᕐᓂ ᓄᑲᒥᒃᓴᓗᑎᑦ.
ᐊᑕᐅᓯᓇᐅᕐᕈᑦ ᖃᓄᒧᔅᓴᓗᑎᑦ ᓭᓕᓂᓂᓂᓂ ᓭᑕᖃᐅᑎᖃᓴᒃᓂᓂ
ᐅᒥᐊᓭᓴᓗᑎᑦ ᐃᓕᓴᕐᓂ ᐃᓱᓕᔅᓴᒃᑲᓗᑎᑦ ᐊᒥᓭᒥ ᓭᑕᖃᐅᑎᖃᓴᒃᓂᓂ
ᐱᐊᕐᓴᔅᓗᓕᑦ ᓭᑐᖃᐅᓭᓗᓕᑦ ᐊᒥᓭᒥ ᓭᑐᖃᐅᑎᖃᓴᒃᓂᓂ.

17. NUGLUKTUQ

A spindle-shaped piece of caribou antler with holes drilled through it is hung from the ceiling. Sometimes the spindle is anchored to the floor with a weight. The spindle is suspended about shoulder height as all players form a circle around it. Each player has a spear with a tip small enough to fit through the hole in the spindle, and measuring about 2 feet long. Each person tries to spear the hole all at the same time making a loud clicking noise as the spears strike the spindle causing it to spin around. Action stops when someone gets their spear in the hole. This counts as a point and the game goes on.

17. ᓄᓗᓗᒃᑕᖅ

ᐃᓕᓗᖏᐅᑕᐅᓯᐱᐅᒃᖏᓐᓇᒥ ᑐᖏᑦ ᓱᒡᓴᐊᓂᒃ ᐊᖏᒪᓴᐊᓗᒍᒍ ᓂᐱᖏᒪᓴᐊᓗᒍᒍ ᐃᒡᓗᑦ ᖃᓴᓂᑦ, ᐃᓕᓐᓂ ᐅᖏᖅᓯᒪᓴᐊᓗᒍᒍ ᓱᑎᒥᖅᑕᐅᓯᔪᖅ ᓱᑎᕐᓗᑦ ᖃᓄᖅᓯᒪᔪᖅ ᓴᕐᓭᓯᒪᒃᓴᓂᒃ, ᐊᖏᒪᓴᓂᒃ ᓄᓗᓗᒃᑕᖅ ᓂᐱᖏᒪᓗᓂ ᐃᓄᐃᑦ ᓄᓗᓗᒃᑕᖅᑐᑦ ᑐᐃᖏᑦᑕ ᓱᓕᓂ ᐊᓚᒪᓗ ᐃᓄᐃᑦ ᓄᓗᓗᒃᑕᖅᑐᑦ ᐊᓴᑦᑎᓂ ᐃᓕᖏᓐᓴᓗᑦ, ᓄᓗᓗᒃᑕᖅᑐᑦ, ᑕᐃᑦᑯᐊ ᖃᑎᖅᓴᒃᑕᐅᓴᑦ ᖃᓴᐊᖏᓴᖏᒥ, ᓄᐅᓂᖏᒥ ᓄᐅᓇᒃᑐᒥ ᐃᒪᓴᒃ ᐃᓄᑦ ᑕᓕᖏᒪᐅᑦ ᑕᑭᑎᓴᒥᒃ ᓄᓗᓗᒃᑕᐅᒥᒃ ᑎᔪᒥ ᐊᖏᓗᒃ ᐃᓕᓐᓂᐅᑎᓪᓗᖅ ᓄᓗᓗᒃᑕᖅᑐᑦ ᖃᓴᐊᖏᓴᖏᒥ, ᓄᓗᓗᒃᑕᖅᑐᑦ ᐊᑕᐅᑦᑎᒃᑯᑦ ᖃᓴᐊᖏᓴᖏᑦ ᓄᐅᐊᓂᒃ ᖃᓴᖏᒪᒃᓴᓂᒃ, ᐊᑕᐅᑦᑎᒃᑯᑦ ᓄᐃᓴᓄᓕᐊᖏᓴᖏᒪᑕ ᑕᐃᓚᓄ ᓄᐃᓴᖏᒃᐅᑕᐅᓪᓚᖅᓴᖅ ᐃᓪᓚᒃᓴᓂᓐ, ᐃᓪᓚᒃᐃᓂᒃᑐᖏᒃᓴᑦᑕ ᐱᒋᐊᒃᓄᓂᓴᒋ ᓪᓕᖅ.

Ipiraktut (Whip)

ᐃᐱᕆᖅᑐᖅ

18. IPIRAKTUT (WHIP)

The whip was used extensively in the past to direct and guide dog teams. Requiring great skill and precision, the whip has a cutting slice to its snap. It is said to have the strength and power to cut a man's leg off. Sometimes it was even used to hunt ptarmigan and caribou. Made of one continuous strip of sealskin, it takes patience to make. Used for fun, the hunter would demonstrate his skill in the use of the whip by some of the ways described below:

a) Three objects are placed in a line about three inches apart. The whipper snaps the centre object out without touching the other two. Then, the other two objects are removed one by one.

b) Two whippers face each other and snap the whips at each other. The whips get tangled in various interesting looking knots.

c) A person lies down with one leg extended. A small match stick is placed in the toe of his boot. The whipper carefully snaps the match stick off the boot without harming the shoe or foot.

18. ᐃᐱᕆᖅᑐᖅ

ᐃᐱᕆᐅᑦ ᑕᐃᓵᓯᒪᓂᐅᓪᓚᐅᔪᑐᖅ
ᐊᑐᖅᑕᐅᔨᒪᓕᐊᓗᓪᓚᐅᔪᑐᖅ ᖃᑭᒪᓯᖅᓴᕐᑎᓪᓗᑦ
ᖃᑭᒍᑎᓴᒋᑕᐅᓚᐅᒪᒐ ᖃᑭᒥᓂᒃ. ᐃᐱᕆᖅᑐᔪᓂᖅ
ᐱᑎᐊᔨᕆᓕᐊᑐᔨᖅ ᓇᓴᒍᑎᐊᓕᐊᕆᐅᓇᓂᓪᓗ,
ᐃᐱᕆᐅᓵᐅᑦ ᐃᐱᕆᖅᓴᓕᑎᓂᕐᖓ ᓯᔪᓗ ᐱᓴᐅᓵᒪᑦ
ᓇᐅᑕᐅᔨᕐᓇᓴᒪᑦ. ᐃᐱᕆᐅᑕᑲᖅ ᐊᕐᒍᒥᑦ
ᐃᐱᕆᖅᑕᐅᓂᕐᕆᓂ ᐅᐃᓂᕐᖓᓂᒃ ᐊᕐᒪᑎᑎᔨᓇᖅᓴᒪᑦ
ᐊᕐᕆᔨᒥᒃ ᐃᐱᕆᐅᑦ ᐱᑦᒍᓂᕐᖓᓂᒃ ᓴᕐᕈᕆᓂᕐᖓᓂᓇᓪᓗ.
ᐃᓴᖅᓂ ᐃᐱᕆᐅᒧᑦ ᐊᕐᑭᕆᐅᕐᕕᓴᐅᑎᑦ
ᑐᓐᑐᓇᓯᑕᐅᕐᓴᓴᓪᓗᓂ. ᓴᓇᓗᐅᓴᖅᑦ ᖃᑭᓯᕐᒥ,
ᐊᓕᒪᓗ ᓴᓇᓗᓂᐊᑐᔨᑦ. ᐱᕐᒍᐊᑭᑕᐅᓗᓂ ᐊᕐᒍᒍᑦ
ᖃᓄᓂᖅ ᐃᐱᕆᖅᑐᔨᑎᑭᕐᖓᒪᑦ ᐃᒪᓇ ᖃᑭᑎᒋᑕᐅᕈᖅᑐᑐᑦ:

ᐃ) ᐃᐱᕆᖅᑐᒪᓴᖅᑐᖅ ᓴᓂᓕᓂᓪᓕᑦ ᐊᓕᒪᓗ 3"
ᐅᕐᓯᓯᐅᑎᒋᓗᑦ ᐊᓯᐃᓪᓚᐅ ᐃᐱᕆᖅᑐᑦᑐᖅ
ᐊᑯᓂᖅᓴᒥᐅ ᐃᐱᕆᖅᓯᓯᐊᕆᓗᓂᓂ ᐊᕐᕈᑕᓂᕐᑐᐅ
ᐅᑭᑎᑕᐃᓕᓕᐊᕆᓗᓂᒃ ᐃᐱᕆᖅᑐᒪᓴᖅᑕ. ᐊᑯᓂᖅᓴᖅᑦ
ᐃᐱᕆᖅᑕᐅᓗᓂ ᐅᖅᑎᑕᐅᕆᓂᖅᓴᑦᑕ ᐱᖅᑎᑎᕐᑎᑦ
ᓂᓯᑕᖅᓗᑦ ᐃᐱᕆᖅᓗᑦ ᐅᕐᑎᒃᓗᑦ.

ᐅ) ᐃᐱᕆᐅᓯᓴᖅᑐᐅᒃ ᒪᖅᓴᒃ ᐅᕐᓯᓯᐊᓗᑎᒃ
ᓴᕐᓯᒃᓴᔨᑎᓗᑎᒃ ᐃᐱᕆᓇᐊᕐᖅᑕᓗᑎᒃ ᐃᐱᕆᐅᑎᕐᑎᑦ
ᖃᓄᖅᓴᒃᓴᒪᓴᔨᑎᓪᓗᒃ ᖃᓄᖅᓴᒃᓴᒪᓂᕐᖓᑦ
ᑕᑯᖃᓐᓂᓂᖅᓴᓕᐅᑐᑦᑕ.

ᐊ) ᐃᓗᒃ ᓇᓵᓴᕐᓚᓂᓂ ᓂᐅᕐᓕᑦ ᐃᒪᓗᐊ
ᖃᑯᓗᒍᑎᓕᓗᒍ. ᖃᓄᓴᐊᖃᓴᕐᒥ ᐃᒃᑭᑎᕆᐊᓂᓂᖅᑎᒃ
ᐃᑎᒪᕐᓕᑕ, ᐳᑐᒍᐊᓗᓄᑦ ᐃᓕᓴᕐᒪᓴᖅᓴᓂᒍ.
ᐃᐱᕆᖅᑐᑐᐱᓴᖅ ᐃᒃᑭᑎᕆᐊᓂᖅᓴᖅ ᑲᒥᐊᑕ
ᑲᒪᓗᐊᑕᓗᓂᓂ ᖃᖅᑲᓕᓂᒃ ᐱᒃᖅᑎᒥᐊᖃᓴᓗᒍ
ᓇᓵᒐᕐᓕᓴᖅᖅ ᐃᑎᒪᕐᓕ ᑲᒥᖅᓕᓗᓯᓂᑦ
ᐊᒃᑐᑦᖅᑕᐃᓕᓕᐊᖃᓴᓗᒍ.

19. NALUKATAAK (BLANKET TOSS)

A blanket is made of walrus hide, caribou skin or canvas with loops or grip holds made along the outer edge of the blanket. The blanket is held on the ground while someone climbs into the middle. A number of people are holding the outer edge of the blanket ... the more the better. The blanket is slowly raised by pulling the edges out and up, until the person in the middle is lifted. Everyone pulls together gently so as not to rip the hide. The person standing in the middle gets catapulted higher and higher. The people holding the blanket can move under the jumper should he or she fall more to one side of the blanket.

19. ᓇᓗᑲᑕᖅ

ᐊᐃᕆᐅᑦ ᖃᓄᐊᓂᒃ ᐊᓕᒃᑕᓕᐅᔪᓂ, ᐅᖃᓪᓚᐱᖅᑐᑦ ᑐᒃᑐᑦ ᐊᒥ ᐊᓂᒃ, ᐅᖃᓪᓚᐱᖅᑐᑦ ᑐᐱᒃᓴᒥ ᐊᖏᓚᕐᕈᐅᔪᓄᑦ, ᐅᖃᓪᓚᐱᖅᑐᑦ ᑎᒍᒥ ᐃᓱᓂᒃ ᓄᖏᓚᕐᕈᐅᔪᓄᑦ, ᒪᑉᓯᒪ ᐅᓕᖅᑕᐅᑦ, ᐅᓕᒃ ᓚᓂᖅᒥᑎᓪᓕᐅᔪᓄᑦ, ᖃᖅᑎᓂᒃᑐᓕᕆᔨᓂᓂ. ᐃᓇᖅᓱᒃ ᐊᐅᓂᒃᑎᓂᓂᑦ, ᐱᐊᓪᐃᔭᓂ ᓄᓇᒃᑕᐅᖅᓪᓕᐊᓕᕆᔨᓂᓂ ᓄᑦᑐᑐᐃᓐᓇᔪᓄ ᐃᓇᒃ ᖃᓄᐊᑕᑦᑕᓂ ᐊᓂᓂᑦᑐᑦ ᓄᓇᒃᑐᑦᑐᓂᓂ ᐅᓕᒃ ᓄᓇᒃᑕᐅᑦ ᐊᓕᒃᑕᐃᓕᓂᔪᓄ. ᐊᑕᐅᑦᑎᓄᑦ ᑕᐃᑦᓄᐊ ᑎᒍᒥ ᐊᖏᓚᑐᑦ ᓄᓇᒃᓂᖅᓕᓂᐊᓕᑎᒃ ᐃᓇᐃᑦ. ᐊᓂᐃᓪᒃ ᐃᓇᐃᑦ ᓄᓇᒃᖃᖅᑐᓂᒃᑐᓂᓂᑦ ᐃᓇᒃ ᖃᓄᐊᓂᒃᑐᓂᓂᑦ ᐊᓕᒃᑕᐅᖅᓪᓕᐊᓕᕆᔨᓂᓂ

20. DRUM DANCE

A drum dance usually occurs as a form of celebration after a good hunt or if a visitor arrives who hasn't been seen for a long time. Everyone meets together in the biggest place they can find. In Eskimo Point, this is called "Qaggi". The drum is held by the handle and a stick strikes the outside frame of the drum. The skin of the drum is not hit. The body moves in rhythm to the beat of the drum and the chanting of the ladies.

20. ᖁᑭᓪᓗᖅᓂᖅ

ᖁᑭᓚᐅᑎᒃᓴᓕ ᓚᒥᖅᑲᓪᓚᐅᑐᑦ ᐃᓪ ᖁᑭᓪᓗᖅᑲᓪᑲᑦ
ᖁᕐᕕᐊᑐᓗᒥᑦ ᒪᖅᑲᐃᓗᓂᒃ ᒪᖅᑲᐃᑎᐊᓪᓚᐅᑎᒥ
ᐅᓪᓴᓕᔪᓐᓇᓕᑦ ᑭᓪᒥᑭᐊᖅᓂᒃ ᑎᑭᑐᖅᑲᖅᓚᓕᑦ ᐊᑯᓂᓐ
ᑕᕐᔪᐅᓪᓚᐅᑭᑉᓐᓇᖅᓂᖅᑐᒥ. ᐃᓄᓐᐃᓕ ᑲᑎᑦᓗᑎᒃ ᐃᒪᓗᒥ
ᐃᒪᓗᓂᔨᐊᖅᑎᒥᓕᔪᓐᓇᖅᓕᑦ ᐊᖅᑭᓚᖅᑕ. ᐊᖅᓴᐊᒥ ᐃᓄᓐᐃᓕ
ᖁᑭᓚᐅᑎᓂᒃ ᐊᑐᖅᓗᑎᒃ ᒪᒥᓕᓪᖅᓚᒥ "ᐃᖅᑲᓂᖅᐃᔨ",
ᖁᑭᓚᐅᑎᒃ ᑎᒍᒥᓴᖅᓗᓂ. ᑎᒍᒥᓴᐊᑎᓕ
ᑎᒍᒥᐊᑕᐅᔪᓐᓇᓂ ᐊᔪᒪᓗ ᖁᔨᐊᖅᔨᖅᓕᑦ
ᑲᓓᑕᖅᑕᐅᑦᓗᓂ ᐊᔪᓐᓗᖅᓕᑦ ᒪᒥᕈᑕᐅᓓᖅᑐ. ᐊᒥᖅᓕᒪᓕᑦ
ᑲᓓᑕᖅᑕᐅᓓᓇᐅᑐᖅᑐ. ᐊᑎᒪᓗ ᒪᒥᓂᖅᑲᖅᓚᒥ
ᒪᓕᓐᓗᒥᑦ ᑎᑎᖅᓕᒪ ᒪᒥᖅᑐᑦ ᐊᐅᓪᓚᓇᓂᖅᑐᑦ.

The women usually sit closest to the middle of the circle so that their chanting can be heard by the drummer. The men are seated behind them. A song (Pissirk) is usually sung for each individual person ... his own song passed on from another person with the same name. If no one knows his song, the drummer has to sing it a few times until the rest can join in, or his wife will start it. The song tells a story of the person's life experiences, thrills which took place in his life, or hardships he has gone through.

The motions of the drummers differ as each person finds his own unique interpretation of the sounds and the song. The repetitive beatings of the drum reach a climax of excitement and rhythm called "Tinerq". When the song ends, another person will take over and so the dance goes on and on long into the evening.

(Contributed by Inuit Cultural Institute, Eskimo Point)

21. TUPTAUYANERK (BLINDFOLD TAG)

Most often played in an igloo, one person is blindfolded. Other players in the room try to avoid being tagged by the blind man. They can touch the blind man and tease him, but cannot be touched by the blind man. If a person is tagged, they are out of the game. The last person to be tagged is then the blind man.

21. ᑕᕐᑕᐅᔪᖅ

EQUIPMENT

Traditionally, Inuit games required very little equipment as they were often played in small enclosed snow houses or in the wide open spaces where no trees are to be found. Since most of the games utilize natural products readily found in the northern environment such as antler parts, animal bones, sealskin and caribou skin, the game equipment could be made up wherever the Inuit travelled. Also, because of the nomadic life, large and cumbersome equipment was simply not practical.

In modern times, however, the games have been adapted for competitive purposes and require standardized equipment. Following are descriptions of some of the major pieces of equipment:

1. HIGH KICK STAND

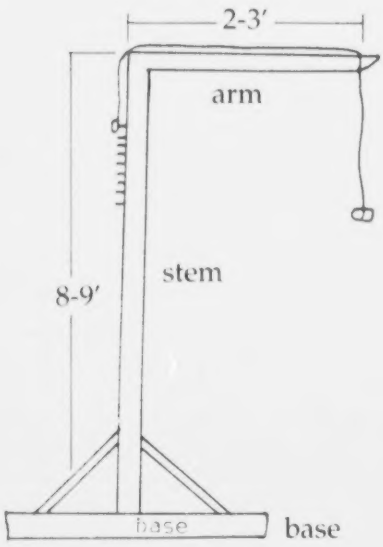
A piece of string can be hung from any height and still serve the same purpose, however, a high kick stand which can be easily adjusted becomes more convenient. Three variations of high kick stands are described here, but imaginative builders can come up with their own designs.

1a. Wooden High Kick Stand

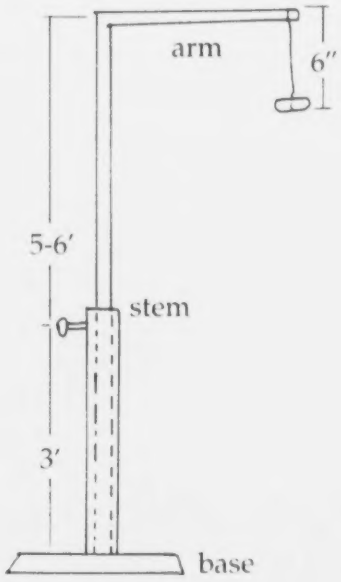
Perhaps the most easy to make, this stand is stationary with the target being adjustable. The target is tied to a long piece of string which is either looped around the arm or extending down the stem of the stand, where a nail is tied to the end of the string and this can fit into measured holes in the stem. Each new height has to be measured from the ground to the target in order to get the most accurate height.

ᐱᓇᓱᑎᑦ

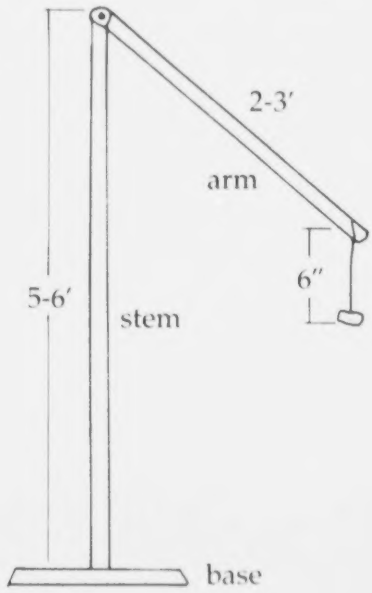
ᐱᖅᖃᓂᒋᑦᑲᐅᒪᒃᑦ, ᐃᓄᐃᑦ ᐱᙵᒍᔪᐊᑭᓱᖅ ᐱᖅᓯᓂᓄᑦ ᐱᙵᒍᔪᐊᑭᑎᓂᓕᒃ ᐊᑐᓗᓇᐊᓂᖅᑲᒃᑯᑦᑐᖅ ᐊᒥᓱᓂᕕᒃ, ᐃᓕᓴᖅ ᐃᓗᓐᓇᐊᓂ, ᓂᓪᑭᑐᒥ, ᐅᖃᓪᓚᐱᓂᕕᒃ ᓱᓇᒥᒃ ᓇᓪᖅᑐᑦᑲᒥᒥ ᖃᑦᓗᓐ. ᖃᓄᖅᑐᐅᖃᓪᓚᐅᑐᑦ ᖃᐅᔨᑲᓂᕕᒃᓴᖅᑐᑦ ᐱᖅᔪᐊᓕᐅᖅᓗᑎ ᖃᓄᖅᓯᓕᐅᓱᓕᒃ, ᐃᓚᖓᓕ ᓇᓪᓕᐅᑐᑦᑲᒥᒥ ᐊᑐᓗᓇᐊᓂᖅᑲᒃᑯᑦᑐᖅ ᐱᖅᓯᓂᓄᑦ ᐊᒥᓱᓂᕕᒃ ᐊᑐᓗᓇᐊᓂᖅᑲᒃᑯᑦᑐᖅ



Wooden High Kick Stand
ᖃᓕᐊᖅᓯᒃᑕ ᓴᓇᓕᓂᖅᑐ ᐊᖃᕆᓚᐱᖅᑐ



Metal High Kick Stand Stem Adjustable
ᓴᐱᒃᑕ ᐊᖃᕆᐱᐅᒃ ᓴᓇᓕᓗᒍ (ᖃᓄᐊᓕᐊᓕᓴᓗᒍ)



Metal High Kick Stand Arm Adjustable
ᓴᐱᐅ ᐊᖃᕆᔨᐱᐅᒃ (ᑐᓴᓂᖏᓐ ᑯᖃᕆᐊᓕᓂᒍ)

1b. Metal High Kick Stand (Stem Adjustable)

This stand is made of heavy metal for the base with a hollow metal pipe into which a stem can be adjusted by a big screw. The arm and target are stationary with stem adjustable.

1c. Metal High Kick Stand (Arm Adjustable)

This stand is similar to the previous one, but the arm is adjusted by a joint at the point where the arm meets the stem. The target remains stationary and the arm is adjusted. Each new height should be measured with a tape-measure for accuracy.

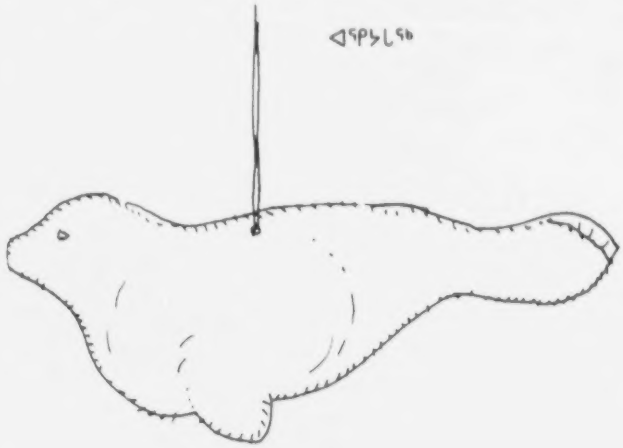
1ᐅ. ᓴᐱᒃᑕ ᐊᖃᕆᐱᐃ ᓴᓇᓕᓗᒍ (ᖃᓄᐊᓕᐊᓕᓴᓗᒍ)

ᓴᐱᒃᑕ ᓴᓇᓕᓗᒍ, ᓴᐱ ᐅᖃᐅᓯᒪᓕᒃᑐᓗᒍ ᐃᒪᓐ ᓯᖃᑐ ᓴᒃᑎᑐᒥ ᓯᓚᕐᓗᐊᖅᑐᒥ ᖃᓄᐊᓕᐊᓕᓴᓗᒍ ᖃᖃᐊᓐᑦ ᑭᓱᓕᕐᓐᑦ. ᐊᖃᕆᓚᐱ ᐊᐅᓚᕐᓗᒍ, ᓇᐸᔪᐊᒍ ᐊᑎᓯᕆᐊᖃᑦᑎᒍ.

1ᐊ. ᓴᐱᐅ ᐊᖃᕆᔨᐱᐅᒃ (ᑐᓴᓂᖏᓐ ᑯᖃᕆᐊᓕᓴᓗᒍ)

ᓇᐸᔪᖅ, ᐊᓯᓗᐊᖅᑐ ᑎᑎᕋᐅᓯᐅᑦᑐᑦ, ᑭᓯᐊᓂ ᐊᓯᒪᓚᐸᐊ ᐊᓯᒪᓗᒍ ᑕᓂᖏᓐ ᑯᖃᕆᐊᓕᓴᓗᒍᓕᑕᐅᔪᖅ, ᐃᒪᓐᓇ ᐊᖃᕆᓚᐱᖅ ᐊᑕᐅᓯᖏᓐᓄᑦ ᓴᓇᓕᓗᒍᓕᑕᐅᑎᓂᖅᓴᓂᓂᓐ ᑭᓱᐅᑎᑎᑕᐅᖅ ᓴᓇᓕᓗᒍᓕᕆᖅᓯᒪᓕ ᑎᑎᒥᖅᓗᒍ. ᑭᓯᐊᓂ ᐊᑕᑎᕐᓯᓕᐊᕆᖅᓯᒪᓕ ᓴᓇᓕᓗᒍᓕᕆᖅᓯᒪᓕ ᐅᑐᕆᑕᐅᐅᖅᓴᓇᓕᓂᓂᓐ ᐅᓪᓗᓂᖏᓐ ᐊᓯᐊᖅᔪᑕᐅᓕᐊᕆᖅᓯᒪᓕᒥ.

Target



Target

The target is made of a piece of sealskin stuffed with a soft material and looks like a small seal. Any soft target will do, but should be about 4-5 inches long and about 2-3 inches wide so that it can be seen easily. All measurements are taken from the most bottom part of the target.

2. HAND PULL

A hole is drilled through the middle of two smooth pieces of caribou antler measuring about 4-5 inches long. A caribou skin thong about 1/2 inch thick is attached through the holes and secured firmly. Leather will do. The caribou thong must be soaked in water often in order to loosen the hide enough so that it will stretch and not snap when pulled.

3. BLANKET TOSS

The blanket was traditionally made of walrus hide sewn carefully with edges overlapping for strength. The walrus hide was strong enough and flexible enough to provide the proper spring. Caribou hides have been known to work in the same way. More modern materials such as canvas will provide the required strength and flexibility with less seams. Loops or grip holes are made along the outer edge of the blanket which measures about 10-12 feet wide.

Target

2. HAND PULL

3. BLANKET TOSS

Rope Gymnastic Equipment - Various Styles ᐱᓇᓱᑎᑦ - ᐅᔭᐅᑕᐱᖅ

4. ROPE GYMNASTICS

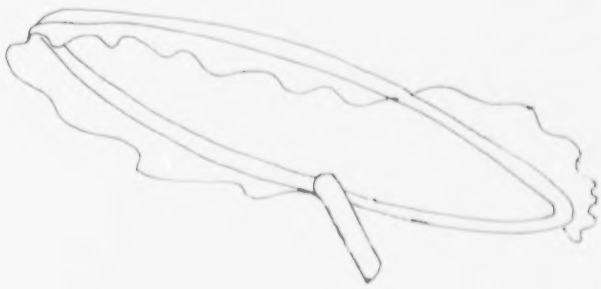
Two sturdy poles are imbedded in the ground about 5-6 feet apart. Above ground stability can also be provided by cables or ropes attached to the poles. The rope should be about 2 inches in diameter and about 13 feet long. It is strung between the poles twice in order to provide a good strong horizontal bar. The rope should be about 7-8 feet above the ground to allow for maximum hanging movement of the competitor. The horizontal rope should not sag and should be tightened should this happen. Competitors may wear leather gloves or chalk to prevent friction on their hands.

There are other methods of setting up a rope gymnastics apparatus as shown in the diagram. The rope is simply strung between two firm posts whether they be wooden tri-pods or imbedded posts in the ground. To get the maximum support, however, the stronger and firmer the posts, the better and safer the apparatus.

4. ᐅᔭᐅᑕᐱᖅ

ᒪᖅᑭᓂᓄᓕᒫᑦ ᓇᐸᔪᓂᒃ ᒪᓂᖅᓂᒃᒧᑦ ᐃᓕᓴᕐᓄᓂ ᐃᓕᒪᖅᓂᒃ 5-6 ᐅᒃᑐᖅᐅᑎᑦ ᐅᓂᒪᓴᑎᑎᓕᕐᓂᒃ. ᓇᐸᔪᒃ ᐅᕈᑕᐃᓕᓴᕐᑕᐅᔪᓇᖅᑐᑦ ᓴᐱᒪᐅᔭᖅᓗᑦ ᐊᒃᓂᓇᒪᓂᓄᓂ ᒪᓂᖅᓂᒧᑦ ᓇᐸᔪᑦ ᖃᓄᐃᓂᕐᓂ. ᐊᒃᓂᔪᓇᖅᑐᒃ ᐃᒪᖅᓇ 2" ᓴᓕᑎᑦᓀᓇᐊᓕᒃ ᐃᒪᖅᓂᓗ 13 ᐅᒃᑐᖅᐅᑎᓂᒃ ᑕᕈᑎᑎᓂᒍ. ᐊᒃᓂᔪᓇᖅᑐᒃ ᒪᖅᕈᐃᖅᓂᒍ ᐃᑲᖅᓂᒍ, ᑕᐃᒪᖅᓇ ᓴᖅᓂᓂᖅᓴᖅᓄᐅᓂᐊᖅᓯᒪᑦ ᐊᒃᓂᔪᓇᖅᑐᒃ, ᒪᕈᐃᖅᓂᓄᐅ ᐊᒃᓂᔪᓇᖅᑐᒃ ᐃᑕᖅᓂᒍ. ᐅᔭᐅᑕᖅᓴᐃᒃ ᒪᓂᖅᓂᒥᑦ ᐃᒪᖅᓇ 7-8 ᐅᒃᑐᖅᐅᑎᓂᒃ ᖅᑲᑎᑦᑎᑎᓴᓇᐊᓕᒃ ᐅᔭᐅᑕᖅᑐᑦ ᐅᔭᐅᑕᓂᑎᒃ ᐊᐅᓪᓚᑎᐊᕈᓇᖅᓴᓴᓕᑕ. ᐊᒃᓂᔪᓇᖅᑐᒃ ᐃᑲᕈᑕ ᖅᑲᓂᓴᓴᓇᐊᖅᑐᑎᑐᖅᑐᒃ ᐊᓕᒪᓂᒃ ᖅᑲᓂᓴᑕᐃᓕᓴᕐᓇᐊᓕᒃ. ᖅᑲᓂᓴᓴᑕᐃᓕᓴᕐᓇᐊᓕᒃ ᐃᑲᕈᑕ. ᑕᐃᖅᑯᐊ ᐅᔭᐅᑕᖅᑐᑦᑐᒥ ᐊᓕᓗᓂ ᐅᔭᐅᑐᖅᓂᑎ ᐊᑐᑐᐃᓇᓇᐊᓕᒃ ᐅᑉᓭᔪᓐᓂᑦ ᖅᑲᓂᑕᐃᓕᒥᑎᓂ ᒥᖅᑲᓂᓴᓴᓇᐊᓕᒃ ᐅᑉᓭᔪᓐᓂᑦ. ᐊᓂᓴᖅᓂᒃ ᐅᔭᐅᑕᐅᑎᓂ ᓴᓇᓵᖅᕈᓇᖅᑐᑦ, ᑎᑎᕋᐅᔭᖅᓴᓂᓕᓵᖅᓯᒪᓕᖅᑐᑦ ᐊᐅᑐᐃᐃᓇᓴᓂᒍ. ᐊᒃᓂᔪᓇᕆᑦ ᖅᑲᓂᓂᐃᑐᐃᓇᓴᓂᒍ ᓇᐸᔪᑦᓂ ᓇᐸᒥ ᐊᖅᓂᑎᒃ ᖅᑲᓇᐊᖅᓴᐃᑦ ᐱᖓᓂᓂᖅᓴᓂᑎᒃ ᐅᑉᓭᔪᓐᓂᑦ ᒪᓂᐊᒧᑦ ᓄᐃᑐᐃᓇᓴᓂᒍ. ᓇᐸᔪᑦ ᐅᕈᑕᐃᓕᓴᕐᓇᖅᑐᑦ ᓇᐸᔪᑦ ᓂᓪᓕᓂᖅᓴᖅᓄᐅᓂᐊᖅᓯᒪᑦ.

Drum ᖃᓪᓗᐊᑲᑎᒃ



5. DRUM

There are various ways of making a drum. Caribou skin, preferably a young calf, is soaked in seal fat or water for approximately 2 days. The hair is scraped off and the skin is stretched while still wet. The frame is prepared from softwood without knots in it, or if wood is not easily found, sometimes whale bone was used. The wooden frame, about 1/4 - 1/2 inch thick, is bent into shape by steaming it or boiling it in water or seal oil. The frame is curled carefully while still wet by placing the foot on one end and bending the wood toward you. It is joined together with edges overlapping and string binding it firmly. The frame can be made any size, but the larger the drum, the better the sound. The handle is attached at the join by cutting a groove for it to rest in and binding with string. The skin is stretched on the frame with a pointed stick which rolls the caribou skin and stretches it over the edges. The sound of the drum can be adjusted by tightening or loosening the hide. A string holds the skin in place, circling the rim.

5. ᖃᓪᓗᐊᑲᑎᒃ

ᐊᐅᓚᖓᑕᓂᒃ ᖃᓪᓗᐊᑎᓕᐅᖅᑐᖅᑭᒃᑲᓪᓚᑦ, ᑐᖅᑐᑦ ᐊᒥ ᐊᓂ ᓄᖅᐱᓂᐅᔪᓂ ᐃᓗᐊᓕᒃᐅᓂᖅᓴᐅᒪᑦ, ᐊᓚᓗ ᐊᒥᐊ ᕈᓂᖅᓴᖅᑕᐅᑦᓗᓂ ᓇᑎᐅᑦ ᐅᖅᓴᐊᓂ ᐅᑦᓭᔪᓐᓂᑦ ᐃᒪᖅᒥ ᐃᒪᖅᑲ ᐃᒪᖅᓴᐅ ᑕᓴᑎᖅᓂᒃ. ᒥᖅᑯᕐᒥᑦ ᐱᓴᖅᓗᒥᑦ ᐊᓚᒪᓗ ᑕᓴᑎᖅᓗᒍ ᖁᑲᐅᑦᑐᖅᓴᖅᑲᓂᒃᓯᓂ, ᖃᓪᓗᐊᑎᐅᑦ ᐊᓭᓗᖅᓴᖅ, ᖁᓕᓴᐅᑦᑐᖅᓴᖅᑲᓂᒃᓯᓂ ᐊᑐᓕᖅᑐᒥ ᐊᓂᒪᓕᖅᑐᒥ ᐊᓚᒪᓗ ᓴᓇᓕᖅᑐᒥᓂᒃ ᐊᑐᓕᖅᑐᒥ ᐃᓚᖅᑎᑦᓯᓂᒃ, ᐃᓚᖅᑎᑦᓯᓂᒃ ᐊᑐᓕᖅᑐᒥ

TEACHING TECHNIQUES

Knowing how to teach efficiently and effectively comes from many years of experience. Following are some hints on how to work with children which may be helpful.

1. Formation

- Know the age level, sex, number, and ability of the children you are to teach.
- Try to involve ALL the children at ALL times. Avoid line-ups where children have to wait their turn.
- Look for the children who are not participating and include them.
- Try to get the children working in pairs sometimes so that they can interact with one another.
- Group the children in a formation which enable all of them to see and hear you. If the players are huddled, they tend to become more enthusiastic and will get more fun out of playing.
- Use games that everyone can play. Change from active to quiet games so that the players can have a breather. Use a wide variety of games and let the players pick their favourites occasionally.
- Whenever possible, arrange competing teams so that they are equal in strength and skill. Avoid letting the children always pick their own teams since this becomes time-consuming and is not always fair.
- In order to provide more activity, divide the large group into smaller ones if the game allows.

ᖃᓄᐊ ᐃᓕᓴᐅᕐᑎᑎᑦᓱᓗ ᐊᖃᖃᒪᓂᖅ

ᐃᓕᓴᐅᕐᑎᑎᑦᓱᓀᓐᓂ ᐱᑎᐊᖅᓗᓂ ᐅᑭᐅᓴᒃ ᐊᒥᓗᓴᒃ ᐱᓕᓇᐊᖃᓄᑦ, ᐅᓂᐊ ᐊᑕᓴ ᐃᓄᓪᓕᐊᑕᐅᔪᓀᖅᑐᑦ ᐱᖃᐊᖅᑎᑎᖅᓗᓴᓂ.

1. ᐊᖅᑭᒃᓗᐃᓴᖅ

ᐃᓕᓴᐊᖅᑎᓴᐊᖅᑕᑎᑦ ᐅᑭᐅᖃᖅ, ᐊᒥᓗᓴᖃᖅ, ᐊᓪᒪᓗ ᐊᖅᓀᐅᓴᖃᖅ ᐊᖅᖃᖅᑕᐅᓴᖃᖅ ᐊᔪᖃᖅᓚᓴᒥᑦᓗ ᖃᐅᐅᔪ ᒪᓗᒥᑦ.

ᓄᑕᖅᑦ ᑕᒪᖅᒥᒃ ᐊᑕᐅᑎᒃᑯᑦ ᐱᓕᓇᑎᓀᓇᐊᖅᓗᒥᑦ ᐅᑕᖅᑭᑎᓀᖅᓗᒥᑦ.

ᓄᑕᖅᓴᓂᒃ ᐱᖃᓗᐊᖅᑲᑕᐅᖃᖅᑐᓴᓂ ᖅᑭᓴᑲᑕᖅᓗᓂ ᐃᓕᐅᑎᓀᓇᐊᖅᓗᒥᑦ ᐱᖃᓗᐊᖅᑎᖅᑲᑕᖅᓗᓂ ᐃᓕᓴᐅᑐᓀᖅᓗᒥᑦ ᐊᓪᒪᓗ ᓄᑕᖅᓴᓄᑦ

- Instead of eliminating children from a game when they are tagged or can no longer reach the level of competition, allow them to remain in the game (if game allows) or try to keep them active in another area of the gym.

- Use the shortest possible method of changing from one formation to another. If the first game is in a circle, for example, and the second game calls for two teams, the leader may want to divide the circle in half.

2. Preparation

- Involve the children in planning.

- Complete all preparations for an event before starting to introduce it. Have all boundary lines established beforehand and all equipment in place.

- Modify games to meet the needs of the area (hall, gym, field) and the players.

- When preparing a game, consider the physical, mental and educational value of the game.

- Be flexible. If one game is not working out, have another one ready. It is good to always plan for too many games.

- Keep an expandable list of your best games and the ones that work out best.

- Preparation also includes preparing yourself. You must be physically fit and rested.

- Know what you are going to teach. Practice it yourself and know how you are going to explain it to the children.

- The children should also be prepared by wearing soft, warm clothing, no jewelry, runners and hair tied back.

ᖃᑎᒍᑕᐅᔪᑦ ᐱᔭᓇᑐᓗᐊᕆᓂᔭᑦᐸᑕ
ᐊᐃᓂᒃᑐᔾᓪᒪᐅᑦᓴᓂᒃ ᐊᒥᔪᒥᐊᕐᓗᒥᑦ
ᐱᖅᒍᐊᕐᓴᐃᐅᓪᓚᕐᓴᒃᑐᑦ ᐊᒥᔪᓂᕐᓴᓕᐅᓪᓴᓗᒥᑦ.

ᐱᔭᓇᐊᑭᓪᓚᑦ ᐊᔪᐊᒍᓴᓕᑎᑎᐊᕐᓴᒃᑦᑕᔾᓗᓂ ᐃᒪᓐᓄ
ᐊᑕᐅᑎᑯᐊᓗᒃ ᐊᑕᐅᔪᓴᓚᒃ ᓄᑕᓴᒃᑦ ᖃᑎᒌᓕᑎᐅᓂᕐᒥᑎᒃ
ᔪᐅᓪᓴᓚᒃ, ᑭᒍᓪᓴᒥ ᒪᑭᐃᒍᓪᓴᒃᓗᑎᒃ ᖃᑎᒌᓄᑎᒥᑦ,
ᑕᐃᒪᓐᓄ ᐱᔭᓇᐊᑭᓂᕐᓴᕐᕿᐅᒪᑦ ᖃᑎᒌᐅᑦ ᐊᐳ
ᒥᕐᒥᑐᐅᓂᒃ ᐊᒥᔪᓗᐊᒥᓗᔪᑦ.

ᐊᖃᕐᒃᔪᐃᐃᓐᓕᓪᓂᐊᓂᕐᓴᒃ - ᐸᖃᓄᒃᐸᓪᓂᐊᓂᕐᓴᒃ

ᐱᖓᒍᐊᕈᑕᐅᔪᕐᓴᓂᒃ ᓄᑕᖅᑕ ᐊᖃᕐᔪᐃᐃᖅᑕᐅᓗᓂᑎᒃ.

ᓄᑕᖅᑐᒃ ᐱᖓᒍᐊᕐᑎᑎᒥ ᐃᓕᓂᒃᐊᖃᕐᓴᑎᑎᓂᐊᕈᕆᐊᑦ
ᐃᖅᓄᓇ ᐃᓕᖅᔪᓕᒪᑎᐊᕐᓴᓗᑎᑦ. ᐱᖓᒍᐊᕈᑎᑦ ᐊᓪᒪᓗᓪ
ᐱᖓᒍᐊᕐᓴᕆᐃᐅᑦ ᐊᐢᑎᑎᖓᔪᑦ ᖃᑎᓕᐅᖃᕐᓴᑎᓇᒥᑦ
ᐊᖃᕐᐳᒪᓕᐢᕐᓴᓗᑎᑦ.

ᐱᖓᒍᐊᕈᑎᑦ ᐊᖃᕐᔪᐊᖃᕐᓴᒃᑕᓗᒥ ᐃᓗᐊᖃᕐᔪᓕᓗᑎᑦ
ᐃᓚᓗᖃᕐᐸᖃᕐᓴᒃᒧᑦ ᖃᑎᒌᓂᒃᑐᓄᓪᓕᐅᑦᓴᓂᒃᑐᑦ ᓇᒪᔪᓕᐊᖃᕐᓴᓗᑎᑦ.

ᖃᑎᒌᓂᒃᑐᓂᐊᕐᓴᒃᑐᒥᒃ ᐊᖃᕐᔪᐃᐃᓗᑎᑦ ᖃᓄᖅᑐᐃᓐᓇᓴᒃ
ᐃᔪᓚᒃᒧᑦ ᑎᑎᒧᑦ ᐃᓕᓴᐊᖃᕐᓴᓂᒃᑐᓚᒧᑦ
ᐃᓗᐊᖃᕐᓴᕆᐊᖃᕐᔪᓗᑎᑦ. ᐃᔪᓚᒃᓴᕐᓴᕆᐅᕈᑎᓗᑎᑦ.

ᐸᖃᓄᖅᑕᓚᐃᓇᐅᔨᓗᑎᑦ ᖃᑎᒌᓄᑎᒥᑦᐸᑕ
ᐃᓗᐊᖃᓂᔨᐅᖃᕐᓴᑦᐸᑦ ᐊᔪᐊᖃᓂᒃ ᐊᖃᕐᔪᔪᓚᐸᕐᓴᓗᑎᑦ
ᐃᓗᐊᖃᕐᓴᓂᕐᓴᓴᓕᒃ ᐱᖓᒍᐊᕈᑎᑦ ᐊᒥᔪᓗᐊᖃᕐᓴᐸᑕ.

ᐱᖓᒍᐊᕈᑎᓂᒃ ᐊᒥᔪᖓᓇᐊᖃᕐᓴᑕᐅᔨᓇᓴᑐᓂᒃ
ᑎᑎᕆᔪᓚᐸᑎᒃᓗᑎ ᐃᓗᐊᖃᕐᓇᓴᑐᓂᒃ.

ᐃᓕᓂᒃᓂᒃ >ᐃᒍᓴᑕᐃᓕᓗᑎᑦ ᓇᓚᒪᑦᑎᐊᓇᐊᖃᓴᖅᑕ
ᐊᓚᒪᓗ ᑕᓴᐃᓴᕆᔪᑦᑎᐊᓇᐊᖃᓴᖅᑕ.

ᐃᓕᓂᐊᑎᓂᐊᕐᓴᒃᑕᑎᑦ ᐱᖓᒍᐊᕈᑎᑦ ᓴᐅᐅᒪᑎᐊᕐᓴᓗᑎᑦ
ᓇᖓᒥᓂᕐᓴᒃ ᐅᒃᑐᑐᖃᕐᓴᑦᓗᑎᑦ, ᐊᓚᒪᓗ ᖃᐅᓇᒃ
ᓄᑕᖅᑐᓄᑦ ᐅᐅᐅᓇᓂᐊᕐᓴᖃᒪᑎᑦ
ᓇᓗᓇᐃᔭᑎᐊᕐᓴᓗᑎᑦ.

ᓄᑕᖅᑐᑦ ᐸᖃᓄᖅᑐᒪᔭᓇᐊᕐᓴᐅᒪᒪᒪᑕ ᐊᓄᕐᓂᓂᒃ
ᓂᕈᒥᒃᑐᓂᒃ ᐅᕐᕿᕐᑐᓂᒃ ᐊᑐᕐᓗᑎᒃ ᑲᒪᓗᓪᓂᒃ ᓄᑦᓗᒥᓗ
ᑭᓕᒪᓗᑎᒃ ᓱᓇᒥᒃ ᐱᐅᔭᐅᑎᓂᒃ ᐊᑐᓂᒃᑎᑎᓗᑎᒃ.

3. Attention and Control

- As a teacher, you want to maintain order and control, yet allow for the natural spirit of play to develop. Allow noise and shouting during the game, but be sure that you can get the attention of the group when you need it.

- Stop any fooling around when it first starts.

- Establish the rules from the start. (Respect for the rights of others, safety, respect for property.)

- Be consistent with discipline.

- Never attempt to explain anything until quiet and attention are absolute.

- Train the players to STOP, LOOK and LISTEN instantly upon blowing the whistle. Do not overuse the whistle. Blow firmly with loud, short blasts.

- Don't allow poor sportsmanship such as booing in the class.

- Try to get the larger, more skilled students to help the smaller ones.

- Use the trouble makers as the leader, it sometimes helps solve the problem.

- Be fair with rules. What applies to one student applies to all, even yourself.

4. Presentation

- The principle element in successful leadership is making the play continuously snappy and vigorous.

- Make the games fun.

- Keep things moving the entire play period. Enthusiasm dies if the players cool off.

- Kill a game before it becomes dead. Don't force a game to drag on if there is no interest and it is not working out.

- To introduce a game, contest or race, NAME IT, SELECT TEAM players, EXPLAIN and DEMONSTRATE. Ask for questions and then start the play.

- Be clear and talk briefly and to the point. In demonstrating a game, have one or two players go through the fundamental processes. A good demonstration is far more helpful in teaching a game than an explanation.

- By asking questions, confusing points are cleared up. Reply to the whole group and not just the individual who asked the question.

- Once the players know the event, start it without delay.

- Minor faults in play may be corrected while the game is in progress, but avoid stopping the game.

- If an event is going badly, however, stop it, iron out the difficulties and then restart the game.

- The teacher should occasionally get into the game him/herself to enthuse the group and include the more quiet members.

- Start with your best game and end off with a quiet game. Allow time for clean up.

WARM UP ACTIVITIES

It is important to begin each session with a proper warm up. This consists of a number of exercises that are designed to:

1. Stretch the muscles to prevent injury such as muscle strain or tear.

2. Increase the blood and muscle temperature ... to loosen up.

3. To improve flexibility and performance.

A good warm up should take about 15-20 minutes and is the most important part of any physical activity class.

Following is a list of some general warm-ups followed by more detailed exercises.

1. **Light jog** of 5-10 minutes.

2. **Neck rotation** - Stand feet apart, back straight, hands on hips. Rotate the neck slowly first one way and then the other.

3. **Trunk rotation** - Same position as above. Rotate the trunk (at waist) slowly in one direction and then the other.

4. **Arm circles** - Extend arms out from your sides to form a 90 degree angle. Elbows must be straight at all times. Begin to rotate arms slowly from small circles to big circles. Change direction.

5. **Toe touching** - With feet apart, touch toes. Don't bend knees or wrench muscles. Hold the stretch for a few seconds and then relax.

ᐊᓱᕈᓂᖅᓴᓕᐅᑎᓇᒥᑦ ᐱᖅᐃᓴᕈᑎᑦ

ᐊᓱᕈᓂᖅᓴᓕᐅᑎᓇᒥᑦ ᑲᓂᑐᐃᓇᖅ ᐱᖅᐃᓴᑎᓗᒥᑦ ᐱᖅᐃᓴᑎᑕᐅᓪᓚᐅᑎᖅ ᐃᒪᓐᓇ ᐃᑲᔪᓂᖅᓴᖅᓴᖅᒪᑕ.

1. ᓄᑭᖅᑕ ᑕᓯᔭᔪᒥᔪᑎᖅ ᐊᓐᓂᓂᖅᓂᔭᖅᓴᓕᐅᓴᖅᒪᑕ ᓄᑭᖅᑕ ᐱᓗᓗᑎᖅ ᐊᓕᒻᓗᑎᖅᓗᓂ.

2. ᐊᐅᐅᖏᓐ ᓄᑭᖅᒥᓗ ᐅᓇᖅᓯᔪᓕᖅᓂᖅ ᑕᐃᒪᐃᒪᓪ ... ᖅᑲᓯᐊᓪᓕᖅᓂᖅ.

3. ᓄᑭᖅᑕ ᓄᑭᐅᖅᑎᒋᓗ ᑕᓯᑎᓇᓯᐊᖅᓂᒃᑕ ᐱᖅᑲᖅᓂᔭᓕᖅᐊᓂᔭᖅᑕ ᐊᓱᖅᒥᓂᔭᖅᑕᐅᓪᓚᐅᑎᖅ ᐊᓱᖅᒥᓂᖅᓴᖅᐊᐅᓕᖅᓂᖅᓗᓂ.

ᐱᖅᐃᓴᑎᐊᖅᓂᐊᖅᑎᖅ ᐱᖅᐃᓴᖅᑎᑕᐅᓱᓇᒋᑦ 15-20 ᒥᓂᖅ ᐊᑯᓂᐅᑎᒥᓱᖅᓴ ᐱᖅᐃᓴᖅᓂᖅᑎᖅ ᐊᓕᒪᓗ ᑕᒪᓐᓇ ᐱᖅᐃᓴᖅᓂᐅᓱᓇᖅᓂᖅ ᐊᑐᓗᐊᓯᖅᓄᖅᒪᒃᑯ.

ᐅᑯᐊ ᐊᑕᓂᒃᑐᑦ ᐱᖅᐃᓴᖅᑕᐅᓱᓇᒋᑦ ᑎᑎᕐᓕᓂᖅᑕ ᒪᓕᓂᓗᒍ. ᐃᓱᒪᒥᖅᓴᖅᓂᖅ ᐃᓕᒥᐊᖅᓴᓕᒥᑦ ᐱᓱᓇᒥᔪᑎᖅ.

1. ᐅᖅᓯᓕᖅᐅᖅᓗᓂ 5-10 ᒥᓂ ᐊᑯᓂᐅᑎᒥᓱᖅᓴ.

2. ᖃᐅᖅᓱᓂᓂᖅ ᑲᖅᕈᐱᑎᓗᓕᑦ ᐃᑎᖅᓕᒥ ᐊᑦᓂᒪᓗᒥᑦ ᑐᓄᖅᑦ ᑐᑭᓯᐊᖅᑎᓗ ᐊᒃᓱᖅ ᖃᐅᖅᑖᓂᓗᑎᖅ ᓂᐅᐊᖅᑐᓂᓗᒥᑦ ᐱᐊᓕᐃᓐᓇᖅᑎᑦ ᐊᑕᐅᓂᓕᑦ ᐊᒻᒪᓕ ᐃᓕᓴᐊᓕᖅᑕ.

3. ᐅᖅᐸᑎᖅ ᐊᐅᓕᑎᓗᓕᑦ ᖃᐅᓕᓂᖅᓴᖅᓂᖅᑕ ᐊᑎᖅᓕᒥ ᐊᑦᓂᒪᓗᒥᑦ (ᑲᑎᑯᑦ) ᐱᐊᓕᐃᓗᓂ ᐊᑕᐅᓂᓕᑦ ᐊᐅᓕᓗᓂ ᐊᒻᒪᓕ ᐃᓕᓴᐊᓕᖅᑕ ᐊᐅᓕᓕᖅᓂᓂᓗ.

4. ᑕᓕᖅᖃᐃᓐᓇᓗᓕᑦ ᑕᓕᑭ ᐃᓯᓴᓗᓕᑦ ᓴᓂᓗᒪᑦ ᑕᓕᑭᑦ ᐃᓯᖃᐃᖅᓯᐃᓇᖅᓴᓗᑦ ᐱᐊᓕᐃᕐᓂᐅᖅᓴᖅᓄᖅᑎᑦ ᐃᓇᖅᑎᓗᓕᑦ, ᒥᑭᔪᓕᐅᖅᓴᓗᑦ ᐊᐅᖅᑐᔪᓕᖅᓴᖅᐸᓕᐅᓪᓚᒍ ᐃᓪᓚᐊᓕᖅᑭᖅᓴᖅ ᖃᐃᐅᓂᖅᓴᖅᐸᓴᓗᑦ.

5. ᓴᐅᔭᑎᑦ ᐊᐅᑐᖅᑕᓴᓂᖅᓗ ᓇᖅᑎᓴᓗᑎᑦ ᐃᑎᒪᑎᑦ ᐊᐅᑐ ᐊᑎᖅᓯᓗᓂᑦ ᓴᐅᔭᑎᑦ ᐊᐅᑐᓴᓗᒥᑦ ᔪᓴᐃᑭᖅ ᑐᑭᓯᐊᓕᖅᓂᔭᓕᒪ ᐃᓇᓕᐊᓴᓗᓂᖅ ᓴᐅᔭᑎᑦ ᐊᐅᑐᑭᐅᒪᑦ ᒪᑭᖅᐅᑎᑎᖅᓯᓂᓗᑎᑦ ᐊᐅᑐᓗᒥᓴᓗᒥᑦ ᑭᔪᐊᓂᖅ.

6. **Hurdler's stretch** - In a sitting position, fully extend one leg forward and bend the other at the hip and knee. Bend slowly at the waist, reaching forward to touch both hands to extended foot. This stretches the hamstring muscles at the back of the thigh. Hold the stretch and then relax. Change legs and repeat.

7. **Leg stretch** - Stand approximately 3 to 4 feet from wall, facing it. Keeping the body as straight as possible, lean into the wall with arms extended and feet flat on the floor. Hold for a count of 10. Stretch should be felt at back of legs.

8. **Sit-Ups** - The best way to work on the abdominal muscles is not to have your feet hooked under an object. The closer the heels are to the body, the harder it is on the abdominals. Doing sit-ups with legs straight out puts undue pressure on the lower back.

9. **Push-Ups** - Do 10 to 25 repetitions. For girls, push-ups can be made from the knees. To make push-ups harder, extend arms further out from body.

10. **90 Degree Wall Sits** - Sit against wall with back flat against the surface. Slide down until the legs are at a 90 degree angle to the floor. Hold for one minute. Loosen muscles and shake legs out. Increase time.

EXERCISES

Shoulder and Arms

1. Lay on stomach, arms stretching back over head. Hold.

2. Fling arms behind body at height of shoulder.

6. ᐊᖏᓗᓯᐊᖏᑐᑦ ᐱᖏᐅᐃᖏᖏᓂᖅ ᐃᖏᓯᓐᓗᓂᑦ ᐃᓯᐱᑎᓂᑦ ᓗᒍ ᓯᐅᐃᑦ ᐃᑦᓗᐊ ᐱᖏᑕ ᐃᒪᓗᒍ ᓯᖏᑯᑦ ᑯᖏᑐᑯᓗ ᓯᐅᒍᑦ ᐃᓕᖏᐅᖏᖏᓯᐊᓕᐅᓂ ᐃᓯᖏᑐᑦ ᐊᑎᖏᓂᑦ ᐃᓯᐊᓗᑦ ᐊᖏᑐᓇᐊᓗᒍ ᐃᑦᓗᑦ ᐊᑎᖏᓂᑦ ᓂᑯᑐᑯᓂᖅ ᑐᓂᖏᖏᓂᓗᒍᓂ ᓂᖏᖏᓂᓕᐅᖏᓗᓂ ᐃᓕᖏᑎᓂᑦ ᐊᒪ ᓂᐅᐃᑦ ᐃᓗᐊᓂᑦ ᑕᐃᒪᐃᓕᐅᖏᓗᓂ.

7. ᓂᐅᒧ ᑕᓯᑎᓄᑦ 3-4 ᐃᑎᒐᓗᐊᓂ ᐃᑦᓗᑦ ᖏᖏᓂᑦ ᐅᖏᓯᖏᑎᓗᓂ ᓇᖏᑦᓗᑎᑦ ᐃᑎᒐᑎ ᓇᑎᑦᒧ ᑐᖏᓕᐊᖏᑦᓇᖏᑦ ᑎᒥᖏᓗ ᑐᓄᖏᐊᖏᑦᓗᑦ ᖏᑦᓗᑦ ᑎᑭᑦ ᑎᓄᑦ ᓇᖏᐃᐅᑎᓂᑦ ᑕᐃᒪᐃᓕᐅᓂᑦ ᓇᖏᑎᓂᑦ ᐃᖏᐱᖏᓂᐊᖏᑦᑕᑎ ᓇᖏᑎᓂᑦ ᐃᖏᐱᖏᓂᐊᖏᑦᑕᑎ ᓇᑲᓯᑦᓗᑦ ᖏᑦᓗᑦ.

8. ᐃᖏᓴᓗᓂ ᑕᓯᖏᓂᖅ ᐃᖏᓴᓗᓂ ᐃᑎᒐᑎᓂ ᓇᖏᑎᓯᒪᓗᑦ ᐱᖏᐃᒪᐃᓕᖏᓂᖅ ᑎᑎᓯᓂᖅ ᓇᖏᑎᑐᓗ ᓄᖏᓯᖏᖏᓕᐅᖏᓂᖅ ᓇᖏᑎᑐᓗ ᐊᖏᓇᖏᖏᓂᖅ.

9. ᑕᓂᖏᓗᑦ ᓇᖏᑕᖏᓂᖅ 10- ᖏᓯᑕᓂᐊᖏᓗᓂ ᐊᖏᓇᐃᑦ ᓂᐱᐊᖏᖏᓯᑦ ᓯᖏᑯᖏᓯᑦ ᑐᖏᒪᓗᑎᖏ ᐱᖏᓇᖏᑐᑦ ᐊᖏᓯᖏᓇᖏᓂᖏᖏᓗᑎ ᓇᖏᑕᑭᒪᔪᐱ ᐊᖏᒪᑦ ᑎᑎᖏᓂ ᐅᖏᒪᓯᖏᓯᐊᖏᓗᓂᑦ.

10. 90 ᐃᖏᓗᓴᐊᖏᓗ ᐊᖏᑐᐊᓗᓂ ᐃᖏᓯᖏᑲᑕᖏᓂᖅ ᐃᖏᓗᓴᐊᖏᓗ ᑐᓄᖏᒪᓗᑎ ᑎᑎᓗ ᓂᐅᐃᖏᓗ ᓇᓂᖏᑲᓂᐊᖏᓗᓂ ᓇᖏᑕᑭᒪᔪᐱ ᐊᖏᒪᑦ ᑎᑎᖏᓂ ᐊᑯᓂᐅᓇᖏᓂᖏᖏᓂᐊᓂᓗᓗ ᓇᖏᓂ ᐃᑎᒐᑎᓂᑦ ᑕᐃᒪᐃᓕᖏᓂᖅ ᐊᑯᓂᐅᓇᖏᓂᖏᖏᓂᐊᓂᓗᓗ ᓇᖏᓂ ᓄᖏᑎᑦ ᖏᑲᓯᐊᖏᓗᓂᑦ ᓂᐅᐃᖏᓗ ᓂᓯᑎᓗᓂᑦ.

ᑐᐃᒪᑦ ᑕᓂᖏᒪᓂ

1. ᐸᒪᖏᓗᓂ, ᑕᓂᖏᐅᖏ ᖏᑲᖏᓗᑕᓗᓂ ᓄᖏᑲᖏᓗᓂᐅᐱᓂᓗᓂᖏ.

2. ᑕᓂᑭ ᐊᐅᓂᑎᓗᓂ ᑐᓄᖏᓂ.

3. Shrug shoulders.

4. Stand feet apart and have partner gently pull arms back.

5. Hang onto a rope or towel and move arms forward and back over head.

6. Do handstand. Bend and straighten arms while still in handstand. Snap down from handstand to feet.

Back

1. Kneel and do back arches.

2. Lie on floor arching back so that weight falls on head and feet only. Arms may take some pressure as well.

3. Lay on stomach, bend knees and grasp ankles. Rock back and forth.

4. Lie on stomach, have partner hold ankles down and place your hands behind your head. Raise and lower shoulders.

Abdomen and Waist

1. Lie on your back. Lift feet and head off the floor. Rock back and forth.

2. Lift one or two legs off the floor while lying on back. Hold for a count of 10. For variation, do flutter kicks and straddles. Leg raises should be done resting on elbows since the back gets strained lying flat.

3. Bend at waist and do circles with body.

4. Bend sideways stretching arm up over the head.

5. V-snaps. Lying on the back, bring legs and arms together in pike position at the same time. Body forms a V shape.

3. ᑐᐃᑭ ᓴᓵᕆᓐᓃᓕᑦ.

4. ᐃᑎᒪᑭ ᐊᐃᕐᓯᒪᓃᓕ ᐊᓱᖏᓄᑦ ᑕᓕᑭᒃ ᑐᓄᓗ ᐊᒃᑕᐅᓃᑎ ᐊᖏᔪᖏᕐᓃᓂ.

5. ᐊᓪᓕᖏᒥ ᐊᖏᓃᓄᑦᓃᓂ ᑎᔨᒥᐊᖏᓃᑎ ᑕᓕᑭ ᐅᑎᖏᑕᑎᓕᓕ ᓂᐊᖏᑯᐱ ᖏᑯᓂᓕ.

6. ᐊᖏᑯᖏᓂ ᓄᖏᓕᓃᑎ ᑕᓕᑭ ᓂᐅᖏᑎᐸᓕᓕ ᑎᑯᓕᐊᓕᖅᐸᓕᓕ ᐊᖏᓚᓂ ᓄᖏᓕᓃᑎ.

ᑐᓄᓗᑦ ᐃᑲᔪᖏᑐᑦ

1. ᔪᖏᑯᒥ ᐊᖏᓚᓃᓂ ᓂᐱᖏᑲᑕᓃᓂ.

2. ᓄᑎᖏᒥ ᓄᓪᖏᓚᓃᓂ ᓂᐊᖏᑯᑯᑦ ᐃᑎᒪᖏᓄᓗ ᑐᖏᓚᓃᓂ ᑕᓕᑭ ᐃᑲᔪᐅᑭᓄᖏᑐᑦ ᐃᒪᖏᓄ ᑕᓕᖏᑦ ᐃᑎᒪᖏᓄᖅᓗ ᑐᖏᓚᓃᑎᑦ.

3. ᐸᒪᖏᓚᑎᑦ ᔪᖏᑯᑭᖏ ᓂᐅᖏᓕᓃᑎᖏ ᔪᖏᒥᓂᑭ ᑎᔨᒥᓂᑭ ᑭᖏᔨᒪᑦ ᔪᐅᒪᑦᓗ ᐊᐅᓪᓕᑦ.

4. ᐸᒪᖏᓚᑎᑦ ᐃᑎᒪᑎᑦ ᑎᔨᒥᐊᖏᑕᐅᓃᑎᖏ ᐊᖏᒪᑎᑦ ᓂᐊᖏᑯᓄᓪᖏᒥᓂ ᑐᐃᑭᖏᖏᑕᑦ ᖏᖏᔨᒪᑦᑕᓕᓃᑦ.

ᓄᖏᒪᑦ ᖃᑎᖏᔨᓗᓗ ᐃᑲᔪᖏᑐᑦ

1. ᓂᐊᖏᔭᓃᑎᑦ. ᓂᐊᖏᑯᐃᓗ ᐃᑎᒪᑎᑦᓗ ᓄᑎᖏᒪᑦ ᐊᖏᑐᑎᑕᐃᓂᒪᑦ. ᐊᐅᓕᑭᑕᖏᑲᓂᒪᑦ.

2. ᓂᐅᐃᑦ ᐃᓗᐃᓄᓗᓂᑦ ᑕᒪᒥᓗᓂ ᑲᖏᒪᑕᓗᑦᒥᑦ ᓄᑎᒥ ᓯᓂ ᓄᓕᑕᐃᓄᖏᓗᓂᑎᑦ ᑎᑯᖏᑕᑎᓂᑦ ᓄᖏᔪᓄᓂᑦ. ᐱᓕᐊᖏᓗᓂ ᑲᓴᐃᓂᑦ. ᐱᓕᐊᖏᓗᓂ ᑲᖏᒪᑕᓗᓂ ᑲᐊᐱᓄᖏᑦ ᑲᖏᒪᑕᓗᓂ.

3. ᖏᑎᖏᑯᑦ, ᖏᑎᑦ ᓂᐅᖏᓚᑎᓗᒍ, ᑎᒥᑦ ᑲᐃᐱᑎᓗᒍ.

4. ᓴᓂᒪᑦ ᐅᐱᖏᓂᑦ, ᑕᓯᑦ ᐃᒋᖏᓯᓗᒍ ᖏᑯᒪᑦ ᓂᐊᖏᑯᐱᑦ ᖏᑯᓂᓂ.

5. V-ᖏᔪᓯᖏᑲᓂᓂ. ᓄᑎᒥ ᓄᓪᖏᓚᑎᑦ, ᓂᐅᑭᖏ ᑕᓯᑭᓗ ᖏᑲᑎᑎᖏᑲᓂᒥ ᐊᑕᐅᑎᑯᑦ ᖏᑯᒪᖏᓚᓂᑦ. ᑎᒥᑦ V-ᖏᔪᓯᖏᓂᒍ.

Legs

1. Running.
2. Stretch leg muscles with leg stretches and splits.
3. Sit on floor with legs together and straight in front. Bob head down to knees.
4. Hurdle stretch.
5. Wall sits.
6. Rabbit hops.
7. Jumping jacks.
8. Work on feet and ankles by rotating them and standing on toes. Hold.

Hips

1. Lie on side and lift top leg in air. Raise slowly and lower. Change legs.
2. Straddle legs standing. Lean forward and down as far as you can go.
3. Cross legs over in front and behind while running sideways in a circle.

ᓂᐅᒍ ᐃᑲᔪᖏᑦ

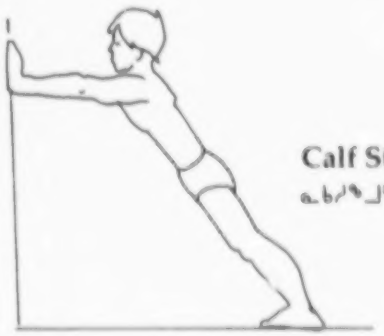
1. ᐅᓪᓗᖅᓂᖅ.
2. ᓂᐅᑭᖅ ᐊᐱᖅᑕᕐᓗᑦ ᓇᓕᐊᕐᓂᐅᓇᖅ.
3. ᐃᖅᐱᒪᓕᓐ ᓂᐊᕐᑯᐃ ᓯᕐᑯᓂᐊᖅᑕᕐᓗᒍ.
4. ᐊᑦᓗᓯᐊᕐᑐᑐ ᐃᑎᒃᓭ ᐊᐱᖅᑕᕐᓗᓭ.
5. ᐃᒡᓗᔪᐊᕐᒍᑦ ᑐᓂᖏᓪᓗᑎᑦ ᐃᕐᓯᒪᓗᑎᑦ.
6. ᐅᒃᓕᐅᒃᖅᓗᑎᑦ.
7. ᑭᒥᖅᑕᖅᓗᓂ.
8. ᓯᖏᓂᑭ ᐱᖅᒃᐃᒃᖅᓗᓭ ᐳᑐᒍᑭᖏᓐᓂᓂᑦ ᑐᖏᓪᓗᑎᑦ ᒃᐃᓕᓪᓗᑎᑦ.

ᐅᕙᑎᖏᓂ ᐊᑐᕐᑐᑦ

1. ᓇᓪᖏᓪᓗᑎᑦ ᓂᐅᑦ ᖏᓕᐅᓂᕐᖅᖅ ᖏᖏᒪᑕᖏᑦᓗᒍ ᐃᒡᓗᐊᓂᓕᕐᓂᓂᓗᓂ.
2. ᐊᑦᓪᖏᓪᓗᓂ ᓯᐅᒪᓗᒍ ᐅᑯᓗᓂ.
3. ᐅᓪᓗᖅᓗᓂ ᐊᖏᓪᓗᓵᑐᓭ ᓗᒥᕐᑐᑐ ᐅᙵᑎᑎ ᐊᐅᓪᓗᓭ.

Pre-Game Stretching: Each exercise 3-5 minutes
All exercises should be slow and controlled with relaxation in mind.

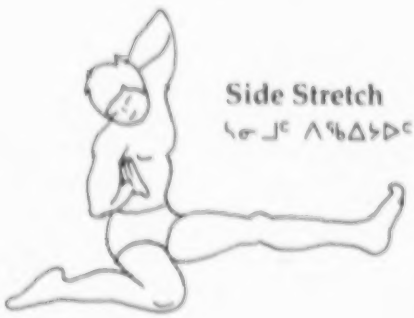
ᖃᑎᒌᑐᖃᓐᓇᒥᒃ ᐊᓯᖏᓐᓄᑦᑐᑎᒃ 3-5 ᒥᓂᔨᓪ ᐊᑯᓂ ᐱᓕᕆᓂ ᐊᓂᔪᓂᒃ.
ᖁᓕᖃᑦᑐᓴᑎᐊᕐᓂᖅᓱᐃᓐᓇᑦ.



Calf Stretch
ᓇᖁᓕᖃᒍᑦ ᐱᖁᐃᓴᐅᑦ

Hamstring Stretch
ᓂᐅᒍᑦ ᐱᖁᐃᓴᐅᑦ

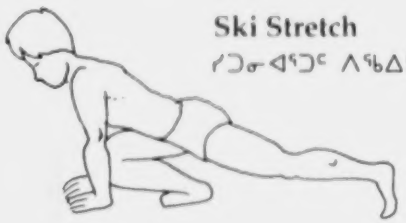
Back Stretch
ᑐᓇᒪᒍᑦ ᐱᖁᐃᓴᐅᑦ



Side Stretch
ᓴᓂᒍᑦ ᐱᖁᐃᓴᐅᑦ

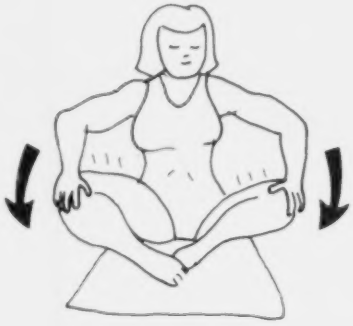
Chest Stretch
ᑭᐊᓕᖃᒍᑦ ᐱᖁᐃᓴᐅᑦ

Front Stretch
ᓴᒍᑦ ᐱᖁᐃᓴᐅᑦ



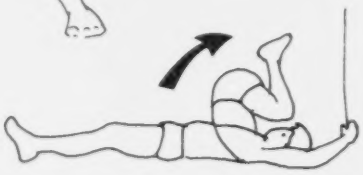
Ski Stretch
ᓯᑐᓂᐊᖏᑦ ᐱᖅᐃᔨᐅᑦ

Chest Stretch
ᑭᐊᓱᖅᓗᑦ ᐱᖅᐃᔨᐅᑦ



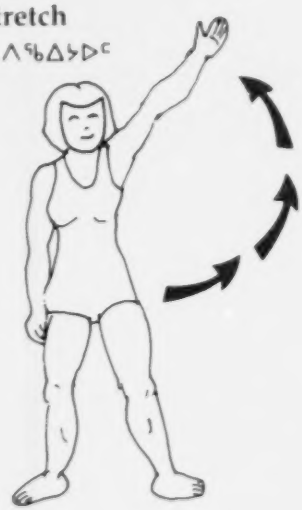
Groin Stretch
ᐊdᓐᓗᑦ ᐱᖅᐃᔨᐅᑦ

Side Stretch
ᓴᓂᖏᓗᑦ ᐱᖅᐃᔨᐅᑦ



Back Stretch
ᑐᓄᒃᓗᑦ ᐱᖅᐃᔨᐅᑦ

Arm Stretch
ᑕᓕᖏᓗᑦ ᐱᖅᐃᔨᐅᑦ



Groin and Hamstring Stretch
ᐊdᓐᓂᓗᑦ ᓂᐅᒍᓕᓐᓄ ᐱᖅᐃᔨᐅᑕᐅᓯᖅ

HOW TO HOLD A TOURNAMENT

Traditionally, Inuit games were played for fun and not for competition. Rules were not heavily enforced. Since some Inuit games have been incorporated into a recognized Northern sport, however, rules and guidelines had to be made.

Most of the Inuit games scoring system involves the best out of three attempts with the person reaching, kicking, jumping or pulling the hardest or farthest being the winner.

There are other forms of holding competitions and tournaments and we have listed some of the more common ones below.

1. Straight Elimination

Sometimes also known as a "knock-out" tournament, this is the fastest method of declaring a winner.

When the number of entrants equals a power of two, (example: $2 \times 2 = 4$, $4 \times 2 = 8$, $8 \times 2 = 16$, ...) the number of matches will come out evenly. Draw for positions.

1

2

3

4

When the number of entrants does not equal a power of "two", a BYE has to be set up so that everyone can play equally. (A bye is when a player is not required to play and automatically moves on to play the next game.)

ᖃᓄᐊ ᓴᓇᖏᑐᑎᓇᓯᓚᖃᓪᓚᑦ

ᐃᓄᐃᑦ ᐱᖓᒍᐊᕆᔨᖓᑦ ᖃᐅᐱᐊᓯᓂᑐᐃᓇᓕᒫᑦ ᐱᖓᒍᐊᖅᓯᓕᐅᖏᓚᑦ ᐊᑕᒪᓗ ᒪᓕᑕᐅᓇᖅᖃᑐᓂ ᐱᑎᑎᓗᐊᖅᓯᓕᐅᖅᓯᒥᓚᑦ ᒪᓇᓕ ᐃᓄᐃᑦ ᐱᖓᒍᐊᕆᔨᖓᑦ ᐃᓕᑕᕆᓚᐅᖅᖃᓕᖏᓚᑦ ᐱᐃᑎᓗᑦᑕ ᑕᐃᒪᐃᒪᑦ ᒪᓕᖅᑕᐅᓇᖅᑐᖃᓇᖅᖃᓕᐅᖅᓯᒪᓂᖅ ᐊᖏᔪᕆᓴᖅᑐᑐᓂᖅ ᐊᖏᔪᓯᐅᖃᓇᖅᖃᓕᐅᖅᓯᒪᓂᖅ.

ᐃᓄᐃᑦ ᓴᓇᖅᐅᑎᖅᓯ ᐱᖓᒪᔨᐃᓴᓂᓂᓂ ᐊᒥᔨᓂᖅ ᓴᓇᖅᖃᖅᓯᓂᓂ ᐃᒪᓇ ᐃᓴᖅᓂᓂ, ᐊᖏᔪᕆᐊᖅᓯᓂᓂ, ᖃᕆᑕᖅᓂᓂ ᐅᕙᓂᓂ ᐅᖅᒪᔨᓇᒪᓂ, ᓴᓇᖅᖃᖅᓯᓂᓂ.

ᓴᓇᖅᐅᑎᓇᔨᔨᖓᒍᒪᓚᑦ ᐊᔨᐊᔭᑕᐅᖅ ᐱᖓᒍᐊᕆᔨᖓᑦ ᐊᔨᖓᑦ ᐊᑐᖏᑕᐅᑎᓂᒥᓚᑦ.

1. ᓴᓇᖅᐅᑎᓇᔨᐊᑐᐃᓇᖏᓂᖅ

"ᓇᓗᒃ ᐊᐅᑦ" ᖃᓄᖏᑕᐅᔨ ᐱᐊᓚᓚᖃᒍᖅᖃᖅᖃᓴᓂᐊᖅᑐᒥ ᓇᓚᐅᐃᓇᖅᑐᓂ.

ᓴᓇᖅᐅᑎᓇᔨᐊᑐᖅᑐ ᐊᒥᔨᓂᖅ ᒪᑭᑕᖅᓚᒥ ᐊᐃᐱᓇᓕᑦ, ᔨᖅᓚ 2 **x** 2 **=** 4, 4 **x** 2 **=** 8 ᖃᑎᖅᓂᖅ ᓇᒪᑎᐊᖏᖅᑐᑦ ᓇᓂ ᖃᑎᒪᔪᒪᖅᒪᔪᑦ.

1.

2.

3.

4.

ᖃᑎᖅᑐᑦ ᐊᑦᔨᑎᐊᕈᓇᒥᐊᑦ ᒪᑭᑕᖅᓚᒥ "BYE" ᖃᑎᒍᑕᐅᔨᓇᖅᖃᑐᑦ ᖃᑎᖅᑐᑦᓄᓪ ᐃᓚᐊᖏᓂᔪᐅᖏᖅᓯᒪ - BYE ᑐᕈᓂᖅ ᖃᑎᖅᖁᑕᐅᒃᓂᓂᐊᕆᖅᓯᖅᑐᑦ.

2. Double Elimination

This tournament allows the losing team or person an opportunity to 'come back'. It also provides a longer tournament and more activity. In this type of tournament, a team has to be defeated *twice* before it is eliminated.

Game A	1			
	2	E	1	
Game B	3		3	1
	4			
Game C	5			
	6	F	6	6
Game D	7		8	
	8			
				Loser of G
				2
	Loser of E		3	
Loser of A	2		2	
Loser of B	4			
Loser of C	5			
Loser of D	7		5	8
Loser of F			8	

3. Single Round-Robin Tournament

This tournament provides for maximum participation as every team or player must play every other one. The individual or team accumulating the most wins is declared winner. This is ideal for many players. Following is an example of how you can set this up:

Number of Teams	Team vs. Team	Total Games
4	1 - 2	
	3 - 4	
	1 - 3	
	2 - 4	
	1 - 4	
	2 - 3	

2. ᓚᕈᐃᖏᓕᓪᓗᕆ ᖃᑎᖅᑐᓂᐊᖅᓗᓂᒃ

ᓚᕈᐃᖏᓕᓂᑎ ᖃᑎᖅᑐᓂᐊᖅᓗᓂᒃ ᑕᐃᓘᑯᐊ ᓴᓪᗅᓂᐅᖅᑐᑐᒍᓗᐃ ᖃᑎᖅᑲᓐᑭᓂᐅᖅᓯᓂᒃ ᑕᐃᒪᓐ ᖃᑎᖅᑎᓗᓪᓕ ᐃᓪᓕᖅᑕᑦ ᓚᕈᐃᖏᓕᓪᓗᓂᒃ ᓴᓪᗅᓂᐅᖅᓯᓂᒃ ᑕᐃᒪᓐ ᖃᑎᖅᑎᓗᓪᓕ ᐃᓪᓕᖅᑕᑦ ᓚᕈᐃᖏᓕᓪᓗᓂᒃ ᓴᓪᗅᓂᐅᖅᓯᓂᒃ ᑕᐃᒪᓐ

1

2 winner

2

3. ᑕᒪᐃᓂᒃ ᖃᑎᖅᑎᖅᑲᓂᓂ ᓴᓪᖏᖅᑎᐊᖅᓂᖅᑲᖅᑎᓂᖅ ᖅᑲᓪᓗᓂᑐ **single round-Robin**

ᑕᐃᒪᓐ ᓴᓪᖏᖅᑐᐃᓐᓇᓕᐊᖅᓂᓂ ᐃᓪᖅᑕᑦ ᑕᒪᖅᒥᒃ ᖃᑎᖅᑐᑐᐃᓐᓇᐅᓐᓇᖅᑎᑦᑕ, ᖃᑎᖅᑲᓐᑭᖅᑲᑐᐃᓐᓇᐅᓂᑎ ᐃᓪᓕᓂᓂ ᑕᒪᐃᓂ. ᑕᐃᓘᑯᐊ ᓴᓪᓴᖅᓂᐊᓪᓚᖅᑲᓪᓚᑦ ᐊᒥᓕᐃᖅᑲᑕᓪᓚᖅᑲᓪᓚᑦ ᓴᓪᓴᖅᓂᐊᖅᓯᓂᒃ. ᖃᓄᐃᓕᓴᕐᕕᐅᓂᖅᓴᖅᑐᑐᒍᓗᐃ ᐊᑕᓂ ᓄᓇᓕᖅᑐᓂᓂ, ᖃᑎᖅᑎᓂᒃ.

The Formula

N (N-1) = Number of games to be played
2

4 (4-1) = 4x3 = 2 = 6
2 2 2

Number of entrants	the highest power of 2 *below* number of entrants	number of matches in first round
11	8	11-8=3

Number of entrants	next highest power of 2 *above* number of entrants	the number of 'byes'
11	16	16-11=5

By using this method, you are assured that the second round will be a perfect power of '2' and no team will get a 'bye' after the first round. The total number of games to play is always one less than the number of competitors or teams involved.

ᑕᐃᒪᓐ ᖃᑎᑎᓗᒃ ᑭᖑᓂᖅᓯᓂᖅ ᖃᑎᒋᐊᓕᒃ ᐊᓂᔪᓂᖅᓯᒪᔪᖅ ᓴᓇᔨᓂᖅᓯᒪᔪᖅ ᖃᑎᒌᒍᓐᓇᖅᑐᑦ ᐊᑐᖅᑕᐅᓂᖅᓯᒪᔪᖅ. ᑕᐃᔨᓴᐅᐊ ᓴᓪᓕᐅᔪᓐ ᐱᔨᖅᑕᐅᔪᓐᓇᖅᑐᑦ, ᐱᔨᖅᑕᐅᔪᓐᓇᖅᑐᑦ ᖃᑎᖅᑕᐅᔨᓇᐊᓕ ᐊᒥᓱᓂᑎᐅᓂᖅᓯᒪᔪᖅ.

ᐅᔨᓴ ᐅᖅᑐᑎᑐᐃᓐᓇᓴ ᐱᔨᐅᔪᓐᓇᖅᑐᑦ ᐊᓂᔪᓂᖅᓯᒪᔪᖅ.

A
A
Bye
B
B
B
C
D
E (winner)
Bye
D
E
E
Bye
E

Note:

Number of matches in first round
5 (entrants) - 4 (highest power of 2 *below* the number of entrants) = 1 (the number of matches in the first round)

Number of Byes in game
8 (next highest power of 2 *above* the number of entrants) - 5 (entrants) = 3 byes.

ᓴᑲᐅᖅᓯᒪᔪᖅ:

ᓱᑐᓴᕐᕕᒃ ᖃᑎᒪᓕᑕ ᐊᒥᓱᓂᖅᓯᒪᔪᖅ

5 (ᖃᑎᒌᐊᓴᓪᓕᑕ) -4- ᐊᑲᐱᑕᐅᔨᓇᑐ ᒪᑭᐃᓐᒍᔪ ᑕᓕᒪ ᖃᑎᒌᐊᓇᐅᓴᓪᓕᑕ = ᑐᑭᓕᑦ ᓱᑐᓴᕐᕕᒃ ᐊᑕᐅᔨᓴᓐᓂ ᖃᑎᒌᐃᓇᓂᐊᓴᑐᑦ.

BYE ᐊᒥᓱᓂᖅᓯᒪᔪᖅ ᖃᑎᖏᓐᓇᒥᒃ

8 ᖃᑎᒌᐊᓇᐅᓴᓪᓕᑕ - 5 ᐊᑲᐱᑕᐅᔨᓇᓴᓪᓗᓂ ᒪᑭᐃᓴᓪᓗᒍ ᑕᓕᒪ ᖃᑎᒌᐊᓴᖃᓇᐅᓴᓪᓕᑕ = 3 BYES = .

FOOTNOTE

The Inuit Games described have come from many different sources, some of which cannot be specifically traced. We have attempted to document these as best we can.

Northern Games Association, Harry Tootoo, Joe Karetak: Most of Sections 1-9

Simon Tookoome: Section 5-1; 7-10, 16, 17, 9; 8-4, 10; 10-1, 2, 5, 6, 9, 10, 11, 15; 11-1, 2, 5, 6, 7, 9, 10, 11, 12, 13, 16, 18

D.I.A.N.A. (Inuktitut Magazine - Summer/Fall, 1978) *"Inuit Children's Games by Isa Smiler:* Section 5-2; 7-18; 10-1; 11-1, 3, 6, 8, 10, 11, 12, 15

Elizabeth Tiktak: Section 10-4, 11, 15

Nicholas Irkotee: Section 11-10, 20; Page 137 - #5

Inuit Cultural Institute: Section 11-7, 20; Page 137 - #5

Models for Sketches: Joe Karetak, Albert Sulurayok, Abraham Tagalik, James Karetak, Thomas Kutiuk, Johnny Angotituar, Paul Aokaut, Albert Aokaut, Gordon Okoktok, Hattie Subgut, Susan Shirley, Arsene Manilak, Jerry Kalaserk, Joachim Tartuk, Simon Bruce, Donat Milorktok, Elizabeth Tiktak, Eli Tikeayak.

Photography: Abraham Tagalik, Gwynneth Butler

Artist: Susan Shirley

Translator: Luke Issaluk

ᑎᑎᕋᒪᓕᕐᑦ ᐊᕋᑭᓕᕐᑦ

ᑕᓚᑯᐊ ᐃᓄᐃᑦ ᕋᑎᔨᑎᕐᑎᑦ ᐃᓕᓴᕐᑯᓯᑐᖅᑎᑦ ᖃᐅᔨᒪᓴᐅᕐᑦ ᐊᒥᓱᓂᖅᑐᑦ ᐊᕐᕈᕐᑎᑐᓂᓕᑦ, ᐃᓕᓐᓂᓂᑦ ᓄᑭᖅᑲᓂᐊᖅᓚᖅᑕ ᖃᐅᔨᒪᓴᐅᖅᑎᑦ. ᑕᓚᑯᐊ ᐱᓵᑎᓂᔪᓂ ᑎᑎᕋᐅᓯᒋᐊᕐᑦ ᐱᓯᐊᔪᓂᔪᑦ ᐊᓯᐅᕐᑦᑯᓚᓂ.

ᐃᑭᓚᖅᑐᒥ ᑕᑯᐊ ᕋᑎᐅᑐᓂ ᑲᒪᔨᐅᓵᑦ ᕼᐊᓗ ᑐᑐ, ᓵᐅ ᖃᐅᑕᖅ:

ᑕᑯᐊᓗᑕᑲᔪᐃᑦ ᓄᓇᓗᐃᑕᐃᑦ 1ᒥ-9ᒧ

ᓴᐃᒪᵃ ᑐᑯᒥ: ᓄᓇᓕᐃᑯᑕᐃᑦ 5-1; 7-10; 16, 17, 19; 8-4, 10; 10-1, 2, 5, 6, 9, 10, 11, 15; 11-1, 2, 5, 6, 7, 9, 10, 11, 12, 13, 16, 18

ᐃᓄᓕᓗᔨᒪᓗᒃᑯᑯᑦ (ᐃᓄᐃᑦ ᐅᖃᓗᒪᖏᓂᑐᑦ ᐊᐅᔨᑯᓗᓂᐅ, 1978ᒥ **ᐃᓄᐃᑦ ᓄᑕᖃᖅᑕ ᕋᑎᖅᓂᖅᑕ ᐃᓴ ᓴᒪᓕᕐᐳᐊ ᐱᐊᓂᕐᒪᔨᖅᑕ:** ᓄᓇᓕᐃᑯᑎᓕ 5-2; 7-18; 10-1; 11-1, 3, 6, 8, 10, 11, 12, 15

ᐃᓕᓴᐱ ᑎᖃᑦᖅ: ᓄᓇᓕᐃᑯᑎᓕᑦ 10-4, 11, 15

ᓂᑯᓕᔭ ᐃᖅᑎᑎ: ᓄᓇᓕᐃᑯᑕᓕᑦ 11-10, 20; ᒪᐅᐱᑕᑐᒥ 137ᒥ - ᓄᔭᐅᑎᖅᓗ 5ᖅᑐᔪᖅ

ᐃᓄᓕᓗᓕᓗᔨᑯᑦ: ᓄᓇᓕᐃᑯᑕᒥ 11-7, 20; ᒪᐅᐱᑕᑐᒥ 137-5

ᐃᑲᔪᖅᑎᐅᓪᓚᐅᕐᑐᑦ ᑎᑎᕋᐅᔾᑎᑦ ᐱᖅᑐᐊᑎᓗ: ᔪᐅ ᖅᑲᓕᑦᖅ, ᐃᐅᕐᑦᑐ ᓴᓗᔪᖅ, ᐃᓕᓗᕼᐊᒃ ᑕᓕᓪ ᐳᐃᒪᔪ ᖅᑲᓕᑦᖅ, ᑕᒪᓕ ᑯᑦᓗᓵ, ᑲᓂ ᐊᖅᑐᑎᑐᐊᖅᓴᖅ, ᐃᐅᕐᑦᑐ ᐊᐅᑲᐅᑦ, ᑯᑦᑕᵃ ᐅᕐᔪᑐᖅᓴᖅ, ᕼᐊᑎ ᓴᔪᒍ ᓱᵃ ᓱᕐᐅᓪ, ᐊᖅᔪᵃ ᒪᓂᓪᓴᖅ, ᔨᐅᓗ ᖅᑲᓪᓴᖅ, ᔪᐊᑲᒃ ᑕᕐᑐ, ᓴᐃᒪᵃ ᐅᓂᓪᓴᖅ, ᐃᓪᓕᓴᐱ ᑎᖃᑦᖅ, ᐃᓪᓕ ᑎᑭᐊᑲᖅ.

ᐊᐳᓪᐅᖅᑎᑦ: ᐃᑦᓗᕼᐊᒃ ᑕᓴᓪᑲᵃ, ᑲᑦᐊᵃᓂᑦ ᐸᑦᓗᵃ

ᑎᑎᕋᐅᔾᖅᑎᑦ: ᓱᓴᵃ ᓱᕐᐅᓪ

ᑐᓴᐳ/ᐃᓄᑲᑐᓪᓚᖅᓗᐳ ᑎᑎᕋᑎᑦ: ᓄᐅᑭ ᐃᓴᓄᵃ

Northwest Territories Education